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AUGUST, 2016
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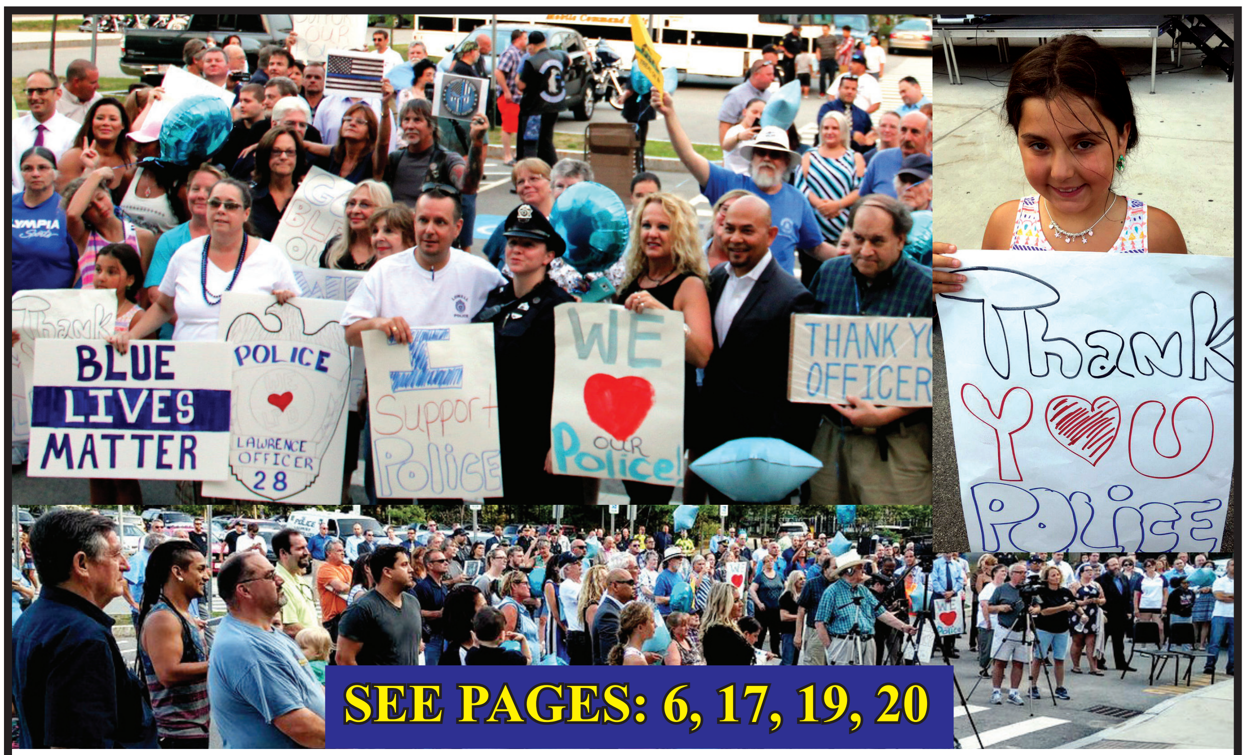

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More than 350 people turned out in Methuen last month for a pro-police rally, showing their support for police after the execution of five Dallas, and three Baton Rouge police officers at the hands of "Black Lives Matter" enthusiasts.

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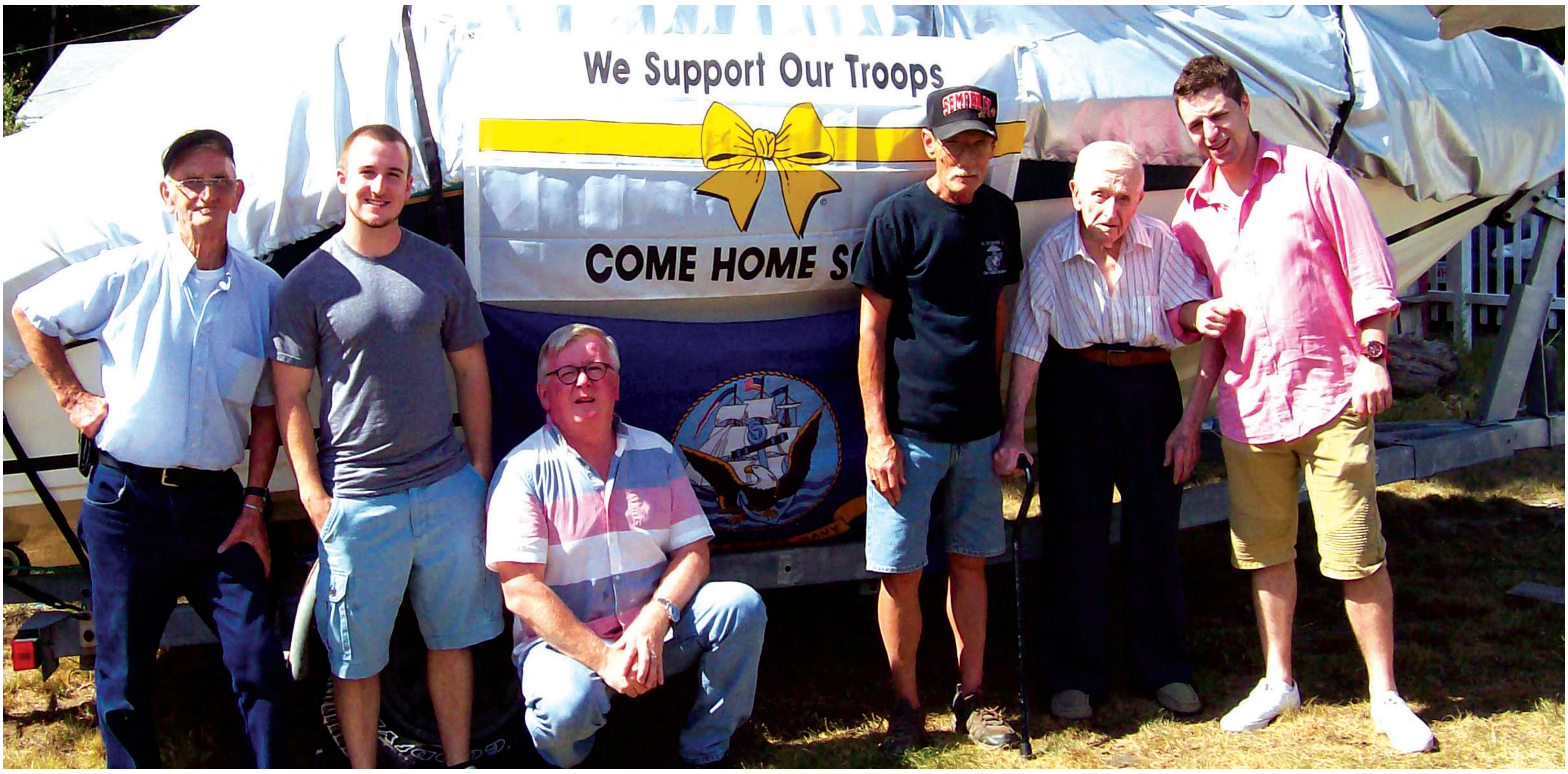
VALLEY PATRIOT OF THE MONTH

WWII Vet William Bellmore Turns 101



Mr. William Bellmore of 10 Monterey Dr., Methuen, celebrated his 101st birthday last month. He was honored for his service in WWII as a Chief Machinist Mate (1943-1944) by Methuen Mayor Steve Zanni and Veteran's Services Director Hargraves as well as his family and veteran friends. Bellmore was a Chief Machinist Mate, served as a Construction Battalion USNTC (United States Naval Training Center), NLFED (Naval Landing Fleet Equipment Depot) Albany California, US Naval Hospital, Oakland California, US Naval Hospital, Bainbridge, Maryland. His job was to maintain and repair all the Navy fleet troop landing craft. He also maintained all equipment at two hospitals. He was then honorably discharged with a perfect 4.0 final average. Pictured are: John Fiola (Korea), Mike Bellmore Jr., Mike Bellmore Sr. owner of Bellmore Transportation in Derry NH, David LaPierre (Vietnam), WWII Hero William Bellmore who is 101 years old, and Dan Bellmore.

The War On Police

Jeff Katz
VALLEY PATRIOT COLUMNIST

A long time ago ... in a galaxy far, far away, I was a police officer for a few moments. I was proud to wear the uniform but I was well aware that I had no super powers at all. No cape that helped me fly, just a badge that made me a visible target. My brothers and sisters in blue knew that some in the community viewed us as the bad guys but we remained confident that most of decent society had our backs. I doubt that the same feeling exists on the thin blue line today.

Make no mistake, there is an ongoing war being waged against police officers in the United States. I wish that was a fictional comment at best or just hyperbole at worst, but the simple fact is that police officers are being targeted for murder in our country like never before.

When exactly did the men and women in blue become the enemy? Well, criminals have always regarded police as the enemy but that attitude has historically been the exception rather than the rule. Mothers and fathers taught their children to respect police officers. Trusting the local cop on the beat was what responsible moms and dads taught their sons and daughters. After all, the police officer was the good guy, right?

The image of the upstanding, sometimes heroic, police officer was portrayed in popular culture on a continual basis. Television shows like Adam-12 and CHIPS showed the routine lives of cops interspersed with bursts of unexpected excitement. Barney Miller showed the humor, sometimes of the gallows variety, that police officers use daily as a defense and coping mechanism. There were shows that also used a somewhat grittier feel like Hill Street Blues and NYPD Blue but ultimately, it was always clear that no matter how flawed some of those onscreen officers were they were ultimately trying to do good. I have to tell you, that the depictions are pretty close to the mark but pop culture today sends exactly the opposite message.

Politicians of all stripes traditionally shared the view of the police as good guys. Certainly some in public office had varying levels of support but Democrats and Republicans alike agreed with the idea that we could only live in a decent society when law enforcement efforts were strong. Sadly, this is no longer true.

For the past eight years or so, we've had a President who hates police officers. I realize it's a pretty sweeping statement, but it is so clearly true that only the most partisan of uber leftists could possibly argue with it. From the moment that Barack Obama declared in 2009 that "the Cambridge Police acted stupidly" we've seen a non-stop assault on police officers launched from deep inside The Oval Office.

With the emergence of various cop-hating, race baiting thugs working together using the gang moniker of Black Lives Matter we've witnessed not just verbal attacks on police officers but actual physical attacks including murder, as well. Roving bands of hoodlums have accused police officers of randomly killing black men while at the same time ignoring the criminal behavior of those same young men. It's an absurd position of course when presented to any rational thinking person, but it's one that has been validated and encouraged by President Obama, Hillary Clinton, Bernie Sanders and other leaders of the left.

You surely remember those five heroic police officers who were slaughtered in Dallas. These officers, four from the City of Dallas and one from the Dallas Transit Authority, were targeted by a racist Black Lives Matter supporting man. Why were they targeted for murder? They were cops and they were white - nothing more, nothing less. At the memorial service for these heroes instead of offering any real measure of praise or honor for them, the President chose to make stupid jokes, speak incessantly about himself and then pay tribute to criminals who had experienced negative interactions with law enforcement; truly the lowest moment from a President who has had quite a few of them. Police officers lives are now at risk in a way we've never seen before and we can thank leftist leaders all the way up to the President for that. They are the generals in the war on police. I find them all guilty of having contempt for cops.

Jeff Katz is a former police officer. He has won multiple Associated Press awards as Best Talk Show Host. He can be heard on iHeartRadio's Jeff Katz channel.

"WEATHER 101" WITH AL!

Summer Storms Part II

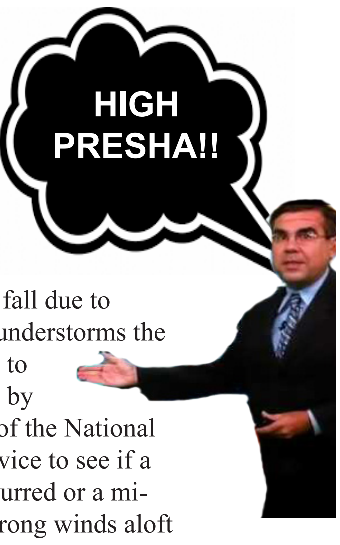
Al Kaprielian
VALLEY PATRIOT WEATHERMAN

Good EVENING!

Summer weather finally arrived in July. A heat wave occurred with three or more consecutive days of 90 degrees or higher. July is the hottest month of the year. The reason for the heat was an intense Bermuda (subtropical) high pressure system in the Atlantic Ocean.

This strong HIGH PRESSHA! pushed the jet stream to our north into Canada. T3his put our region on the south side of the jet stream which is the hotter side. With the heat and humidity came some severe thunderstorms during the month of July.

Severe thunderstorms produce strong damaging wind gusts that cause trees to fall on power lines causing power outages. This occurred in the month of July. Severe thunderstorms can also produce frequent and dangerous lightening. Also hail is possible with severe thunderstorms. During one of the severe thunderstorms in July a microburst occurred in Plaistow New Hampshire with 80-90 mile per hour wind gusts. This caused many downed trees and power outages. A microburst is not a tornado. The reason is that the trees that fall are in straight lines. They are not down in a circular direction. When trees are down in a circular direction this is reported as a tornado. Remember a tornado is a funnel cloud that touches the ground. Not all funnel clouds that form touch the ground, these stay aloft and are not tornadoes.


HIGH PRESHA!!

When trees fall due to severe thunderstorms the damage has to be accessed by employees of the National weather service to see if a tornado occurred or a microburst. Strong winds aloft mix down to the earth's surface and this can cause a microburst to form. A tornado or microburst can not be conveyed to the public until the National Weather Service surveys the damage. A funnel cloud or more than one funnel cloud can form with severe thunderstorms; although some severe thunderstorms may not produce tornadoes.

Remember when rotation occurs aloft in the Cumulonimbus clouds, this can be seen by Meteorologists on Radar. This rotation may be the start of the formation of a funnel cloud. During severe weather remember to get inside and away from the windows. The safest place is on the lowest floor, especially a basement.

When a tornado occurs, the rotation as the funnel cloud touches the ground.

SUMMER: PAGE 3

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To the editor:

Who remembers the Democratic sit-in for gun reform? Wasn't that the most awesome display of unity among those brave politicians? I'm a true believer in standing up for what you believe in.

Bill Keating, Katherine Clark, Mike Capuano, Seth Moulton, Stephen Lynch, Elizabeth Warren, Niki Tsongas and Joe Kennedy III all participated in the sit-in. They all truly believe there has to be gun reform, there's no other alternative. So, why is it then, they all hold stocks in many different companies who support the National Rifle Association (NRA)?

Some of the biggest names; Ameriprise, Vanguard Group, Bank of America Corp., just to name a few. The way I see it, is these politicians have some real soul searching to do. Seems that its ok for them to hold stocks and make money on the NRA, yet won't give our military and police military grade defensive equipment to defend themselves against the very thing they are making money on.

Here's the breakdown of the stock holdings:

Seth Moulton - Black Rock Global All C Fund, Goldman Sachs Mid Cap Value Fund, Capital Group Companies, Bank of New York Mellon, Credit Suisse Group, Royal Bank of Canada and State Street Corp.

Michael E Capuano – American Century Equity Index, Ameriprise Financial, Prudential Financial and State Street Corp.

Bill Keating – Credit Suisse Group, Bank of New York Mellon, Vanguard 500 Index Signal, Vanguard Intermediate Term Tax Exempt Fund and Vanguard Prime Cap Adv.

Katherine Clark – Ameriprise Financial, State Street Corp and Vanguard Group

Niki Tsongas – Bank of America Account, Vanguard Emerging Markets Fund, Vanguard FTSE Developed Markets ETF, Vanguard Mid Cap Growth Fund, Bank of New York Mellon and State Street Corp.

Stephen Lynch – Bank of America, Black Rock small Cap Growth Fund, Morgan Stanley Institutional Fund Growth Portfolio, Ameriprise Financial, Bank of New York Mellon and State Street Corp.

Elizabeth Warren – Bank of America/ Checking, Bank of America/ Savings and Capital Group Companies.

Joe Kennedy III – Bank of America/ Accounts Commonwealth of Massachusetts, Bank of America/ Checking.

So, before you vote make sure you are able to "hold stock" in your candidate.

MARIA FIATO, LAWRENCE

Is it Racism or is it Lawlessness?

To the editor,

Here's my compromise solution to this back and forth between "Black Lives Matter" and "Blue Lives Matter".

Let the President form a Blue Ribbon committee comprised of leaders from both sides (i.e., Jesse Jackson, Al Sharpton, Police representatives, legal minds from both sides, etc.)

A "1 Year Cease Fire" from both sides will be established with the Black leaders from all over the country speaking out to have the Black members of society who feel aggrieved, obey all Police commands.

Police departments all over the country will be trained to have more respect for minorities.

Then, if any circumstance arises whereby the aggrieved person feels undervalued or mistreated, that case would be brought to the Blue Ribbon Committee to be resolved without any cost to the aggrieved person. (This could include unwarranted motor vehicle stops, etc.)

If a police enforcement issue is found to be illegal or unnecessary, then that policeman would be punished to the maximum extent of the law!

After the one year hiatus it should become clear which side is actually being aggrieved!!

Continuing to "Throw rocks" at each other is accomplishing nothing!!

Ercole Sideri, Mr. Sid, Main St. North Andover

SUMMER: FROM PAGE 2

It picks up any debris on the ground and causes extensive damage. Homes are destroyed by tornadoes. There is total destruction in the path the tornado takes. Tornadoes result from severe thunderstorms.

Severe thunderstorms occur in a hot and humid environment. They are enhanced by a trigger, like a cold front, or a potent upper level disturbance. A tornado watch is issued when severe thunderstorms occur. If a funnel cloud touches the ground then a tornado warning is issued.

What can we expect during the month of August? Yes, more heat and humidity. As the month moves on, the increase in hurricane formation occurs over the Gulf of Mexico and Atlantic Ocean. A reason is that the ocean water temperatures start increasing in August.

Peak hurricane season is in mid August to mid September. The reason is that this time period is when the ocean waters are the warmest. Time will tell how active this year's hurricane season will be. We sure could use the rainfall from a hurricane as areas north & west of Boston including Southern New Hampshire are in a severe drought. Many inches of rain are needed to eliminate this drought. Of course hurricanes produce strong winds and wind damage so we do not want to see this happen.

However the rain for a hurricane or tropical system will surely be appreciated. Now that areas are in a severe drought, please be careful with lighting materials. Be especially careful when barbequing. Also check with your local fire officials before doing any open burning of brush. With dry conditions and if there are gusty winds any wildfires that begin can spread rapidly and become out of control. As we move through the month of August, length of day sadly continues to decrease. This will eventually start to bring cooler days more typical of fall. This can occur during some days in the month of August.

When tropical systems develop in August and September remember to listen to weather forecasts each day to see how these systems will intensify and track. With tropical systems we have to be ready and have to stay abrupt to weather forecasts each day. If a tropical system develops in the Gulf of Mexico or off of Florida, stay informed to weather forecasts each day to see where these tropical systems will track. During August, with more heat & humidity, remember to drink plenty of water and stay hydrated. Refrain from strenuous outdoor activities during the heat of day. Perform these activities early in the day or in the evening after the sun goes down. During August continue to listen to weather forecasts each day; computer models can change from day to day. Next month we will talk about hurricanes and see how this season is evolving. Stay cool and continue to enjoy summer!!

EMAIL your questions to At at: 7al61@comcast.net,

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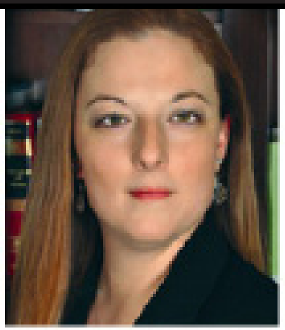

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Grill Nights

Join us Thursdays, August 11 and 25 from 5 to 7 p.m. for our summer outdoor "Grill Nights" and a Boomer Venture Screening Room feature movie each evening at 6:30. Meals require advance payment 3 days before the event. Meals start at $5 and include an assortment of salads, drinks and desserts. Seniors and their families are welcome.

August 25 from 5 to 7 p.m. grill night will feature Stephen Savio. "Let me entertain you" is Steven Savio's way of life. Enjoy selections from Broadway shows as well as from legendary entertainers including Frank Sinatra, Elvis Presley and Sammy Davis Jr. You'll be on your feet dancing! Raised in Reading, MA, and now residing in Andover, Stephen has been showcased in Massachusetts at the North Shore Music Theatre and the Quincy Dinner Theatre and performs in other locations both small and large throughout New England. (pictured below is Stephen Savio). Meal purchase required to attend performance and space is limited.

Top 10 (Accessible) Places to Visit in Massachusetts

Friday, August 12 at 9:30 a.m. Free.

Ever wish you could "get out and go" but accessibility, affordability or safety were an issue? Come hear tips from Sarah McDavitt, Home Health Foundation, on the best spots for summer fun!

Lobster Roll Luncheon

Monday, August 29 at 1:15 p.m. $10 includes drink, coleslaw, watermelon, chips and lobster roll. Join us for this summertime treat with a price that can't be beat! This is not our regular congregate lunch.

Monday Movie Matinee

Free movies on Mondays at 1:00 pm. Popcorn and sodas available for purchase.

August 8: "Hail Caesar" - new Coen Brothers film

August 22: "Man Up" - British Romantic Comedy

August 29: "Mon Oncle" - Oscar winning French comedy

Men's Outdoor Adventures; Meet at the Center at 9:00. Please pre-register.

August 10: Hike the Keck Reservation

August 24: Hike the lovely grounds of Tewksbury State Hospital

September 7: Hike Burn's Reservation

PUNCHARD: PAGE 30

Anne's Andover Notebook

Anne Knowles

VALLEY PATRIOT ANDOVER COLUMNIST

ADDISON GALLERY

One of the gems in Andover is the Addison Gallery on the grounds at Philips Academy.

The gallery will open this year in September with a very interesting Traveling Exhibit of Folk Art sculpture . "The Making it Modern" exhibit is from the collection of Elie and Viola Nadelman. One hundred objects from this collection as well as additional items from the Addison, will have sculptures in mixed media. Bronze, wood, ceramic, stone will showcase well known artists as well unknown artists.

The Artist In Residence program is another feature of the gallery. Andover is fortunate to have this program as it interacts through the schools with students, the community and young emerging artists.

The Gallery is open Tuesday – Saturday 10am to 5pm and Sunday 1pm to 5pm. Free admission and very friendly staff who will make the visit very pleasant. Look for opening day in early Sept. 2016.

SERVE ON A TOWN BOARD

Andover has always been a vibrant and well run town and relies on the people to support the many town committees. The success of many of the town programs is directly related to the interest and support from her people. Please check out the opportunity to serve your town and fellow citizens by taking part in Andover activities.

Residents of Andover who would like to serve on town committees are asked to review the committee openings on the andoverma.gov website for the listing of openings on the variety of committees. You will find a two page form "Talent Bank Form", under the Volunteers needed, and if interested it can be filled out and returned via e-mail to manager@andoverma.gov

The long lazy days of summer? Just a reminder that Andover Public Schools will open Wednesday, Aug. 31st. Refer to the Andover Public Schools website for up to date info on bus schedules or other notices about school policies.

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Representative Lyons Fights Attorney General's Efforts to Restrict Gun Rights

Boston – A consistent advocate of Constitutional Rights, the Second Amendment, and protections for law abiding citizens, Rep. Jim Lyons (R-Andover) has expressed grave concerns about an unprecedented regulation unilaterally implemented by Attorney General Maura Healey. On July 20th, Healey announced that her office would redefine how it interprets the current Massachusetts firearms laws, criminalizing overnight the possession of many common types of firearms owned by thousands of people across the Commonwealth.

On July 22nd, Rep. Lyons joined a bipartisan group of legislators who voiced their serious reservations with Attorney General Healey's actions restricting legal access to firearms. "For the last 18 years," the legislators emphasized, "the law has been implemented and enforced consistently, both by your office and your predecessors. Your new directive, which has been presented by your office as nothing more than a closing of 'loopholes' in the current law, appears in fact to be much more than that: the enforcement of a whole new law that unfairly infringes on the Second Amendment rights of law-abiding gun owners in Massachusetts."

"Any changes to our laws must be the prerogative of the legislature," commented Lyons. "Such changes demand open debate and transparent process by elected representatives of the people. To that end, I have joined several of my colleagues in sponsoring several pieces of legislation that would stop these attempts by the Attorney General's office to make an end run around the legislature."

The first piece of legislation, authored by Sen. Bruce Tarr (R-Gloucester) and co-sponsored by Rep. Lyons, is titled An Act to Protect Due Process and Strengthen Public Safety. The bill would specifically rule out attempts by the Attorney General's office to usurp authority reserved to the governor and legislature in this matter.

"It is unfair for Attorney General Healey to criminalize the actions of law-abiding citizens, who have lived up to the rules and regulations of this Commonwealth," said Lyons. "When individuals and families abide by the rules, they should not be trapped by an arbitrary bureaucratic reshuffling of longstanding regulations. This bill would prevent that from occurring now and in the future and I support it 100%."

Another piece of legislation, authored by Rep. Marc Lombardo (R-Billerica) and co-sponsored by Rep. Lyons, is titled An Act to the Definition of Assault Weapon and would explicitly define the types of weapons that are banned in the state. "By making explicit which firearms aren't allowed, we seek to remove any ambiguities.

Affordable Housing Opportunity

Wood Ridge Homes
North Andover, MA

Wood Ridge Homes is re-opening its waiting lists and taking applications for 1, 2, 3 and 4 bedroom subsidized apartments.

Income Qualifications: To qualify for these apartments low-income limits apply. All applicants will be screened for eligibility.

How to get an application: Applications will be available from August 2nd, 2016 through September 30, 2016. **Your place on the waiting list will be decided by lottery so there is no need to come in person, come early, or wait on a long line.**

You may obtain applications in several ways during the application period:

1) in person at the management office located at 10 Wood Ridge Drive, North Andover, from 9:00 a.m. to 4:00 p.m. Monday through Friday; or

2) at the Stevens Memorial Library at 345 Main Street, North Andover, 10:00 a.m. to 9:00 p.m. Monday through Thursday or 10:00 a.m. to 5:00 p.m. Friday

If you or anyone assisting you cannot use these methods, call 978-682-7093 and ask that an application be mailed to you.

Returning completed applications and lottery selection: Applications may be returned by mailing, faxing or bringing to the Wood Ridge Homes management office by 4:00 p.m. on September 30, 2016. Applications returned by mail must be postmarked no later than 4:00 p.m. on September 30, 2016.

If your preliminary application shows that you may eligible, your place on the waiting list will be decided by a lottery at a time and place to be determined. You will be notified of your application number and the time and location of the lottery by mail.

Minimum household size of at least one person per bedroom required.

Use and Occupancy restrictions apply.

For more information or reasonable accommodations for applicants with disabilities,

Call Wood Ridge Homes
Phone: 978-682-7093
Fax: 978-687-6616

Equal Housing Opportunity

Public Rallies to Support Police Officers

Tom Duggan
VALLEY PATRIOT PUBLISHER

More than 350 people rallied at Methuen High School last week to show their love and support for police officers and their families. The rally was organized to honor of the five Dallas, and three Baton Rouge police officers who were executed over the last ten days.

The rally was organized in eight days by 1990 Police Survivor Tom Duggan, and Methuen Police Chief Joe Solomon. Dozens of police officials from all over the Merrimack Valley joined in the rally from as far as Woburn, Newburyport and Merrimack, NH.

Duggan addressed the officers in attendance saying, “We love you, we support you , we’ve got your backs, and your lives matter!”

A MESSAGE FROM WASHINGTON

Carina Craig Floyd, President and CEO of the National Law Enforcement Officer’s Memorial Fund, in Washington D.C., addressed the crowd via a message recorded earlier that day. As the recorded message played the public and the officers who joined in bowed their heads.

“The last few weeks have not been easy. But those who work in law-enforcement know that it’s never easy. No one goes into this to work because it’s easy. You do it because it’s your calling. You feel the need to help and protect those around you. You put your lives in danger every day by wearing the badge.”

Floyd thanked the dozens of officers who attended the rally, adding, “While it may be hard to ignore the naysayers and negative rhetoric, know that the vast majority of our citizenry very much appreciate the work you do, and look to you as a sign of strength and safety. You are in fact, the heroes among us.”

A THEME OF RESPECT

Becky Duggan Kruschwitz, of Plaistow NH, is the daughter of slain Lawrence Police Officer Tom Duggan, Sr. Police Officer Duggan was killed in 1990 by a man with a metal baseball bat.

Becky said, “What really touched me with Dallas, is that there was a 9 year old little girl on TV talking about her last goodbye to her dad. It’s a horrible thing when you are a family member to get that phone call, and to constantly replay that last interaction with your loved one. You take it all to heart, especially when you are a little kid. I was 13, this little girl was 9 years old. It’s just so heartbreaking to see the violence, and to see the hate. We need to teach our kids respect. And kindness.”

“It’s a very, very difficult time to serve in Law Enforcement, to work in corrections, to serve in public safety in our country,” Essex County Sheriff Frank Cousins said.

“My father told me when I was a young boy, this is Captain Kelleher. Nick Kelleher was our night captain. I was told to address him as Captain Kelleher and to respect the police, and respect the job they do on a daily basis. That comes from all of us as parents, to teach our young people how to respect our law enforcement, teachers, police officers and correctional officers.”

DON’T FORGET THE WOUNDED OFFICERS

Disabled Woburn Police Officer Bob DiNapoli was shot 6 times in an ambush in 2009. The city of Woburn then tried to deny him medical benefits to save money in their budget. He is the recipient of the 2015 Officer Tom Duggan, Sr. Hero Police Officer Award.

DiNapoli said that the people who turned out to support police and the people who reach out to wounded officers every day will never know the difference they are making. He recounted how the ten-year old boy he saved the day he got shot sent him one of his Little League baseball cards as a thank you for helping him. “I still carry that with me in my wallet everywhere I go.” He also said the community would leave cards and balloons on his mailbox every day while he was trying to recover.

North Andover Police Chief Chuck Gray, Lawrence Police Chief Fitzpatrick, and Essex County Sheriff Frank Cousins all thanked members of the community for their overwhelming support. Chief Gray of North Andover called the large crowd of support “overwhelming.”

THE 99%

Former State Senator Steve Panagiotakos, a 1978 Police Survivor, talked about the life and death of his uncle: Lowell Police Officer Christos Rouses. Panagiotakos explained how Rousses was killed at the end of his shift and didn’t even have to take that final call. He also said that 99% of police officers are good officers who are being maligned in the media because of a few bad apples.

“If someone breaks into your house or tries to harm one of your children, who are you going to call, and who do you want showing up? The 99%, that’s who! So, let’s make no mistake about it, when blue lives don’t matter, then black lives, white lives, brown lives, rainbow lives, and any other kind of lives matter less. Because, when a community, or a society does not respect and appreciate those who protect them, then lawlessness will reign, and violence will abound, and their safety, our safety, will be significantly diminished.”

IT’S TIME TO STEP UP

John Macdonald (host of 980WCAP’s The Pulse and “JMac and the Bear”) said it’s time for good people to stand with our police officers against an unfair media and phony civil rights groups. (SEE FULL REMARKS)

“In these times of terror, it’s our blue lives that are our first line of defense here on the American streets. As Radical Islamic terrorists plan their next attacks, they must know that we stand against them, and that we stand with our police officers.”

218
SUPPORT 218

“Folks, we will not bow to terrorism. We will not bow to domestic anarchists that openly disavow our police and wish to do them harm. We will not bow to those who wish to destroy our country, foreign or domestic.”

The loudest cheers came when MacDonald ended his speech with, “Everyone’s civil rights matter, and that includes the civil rights of our police officers.”

Tom Duggan closed the rally talking about what he calls the “blood libel” against police officers by “cop haters” like Don Lemon, Ashleigh Banfield, and the other “fake journalists” on CNN. Duggan said that the lies told about police every day on CNN and other networks have created the environment that is costing police officers their lives

“We are told that it is wrong to label and stereotype gays, that it’s wrong to label and stereotype blacks and other minorities, but for some reason it’s perfectly OK for CNN to label and stereotype police officers. That has to stop.”

Duggan said the only way it will stop is if people email and use social media to call out CNN and other anti police news networks when they label and stereotype police officers in furtherance of advancing a “fake civil rights issue.”

Duggan also lectured all of the elected officials in attendance to stop voting against militarized weaponry that protects the lives of officers. “You get comfortable trying to please your colleagues and to you, things like body armor for police, is a ‘political issue’. But to those of us in the law enforcement family, it’s not a political issue. For us it’s pretty damned personal.”

Special Thank you to: Gerard Maguire for reciting and explaining the pledge of allegiance. Edgar Trancoso of the band Prospect Hill, for singing the national anthem. Methuen School Superintendent Judy Scannell for use of the high school.

Methuen School Committee Member Jana DiNatale for getting a helium tank and blowing up balloons. Chief Solomon for helping to organize. The Methuen Police Honor Guard. Colonel Sam Poulten for playing taps. Craig Floyd for recording a message for the police officers. Syndicated radio host Jeff Katz for sending a recorded message but due to technical difficulties we were unable to play. Rick Bellanti of Belle Aire Music productions for donating his DJ services. Carina Pappalardo and her children for making We Love Police signs.Maria Fiato for live podcasting the event on Facebook. Jennifer Burns – LeBrasseur for providing free coffee. Heav’nly Donuts on Pelham St. for pitching in. Methuen Mayor Steve Zanni for helping to coordinate (though he wouldn’t let us have slush!)The Blue Reapers and The Enforcers for helping with internal security. SEE THE NOTEBOOK ON PAGE 8 FOR MORE.

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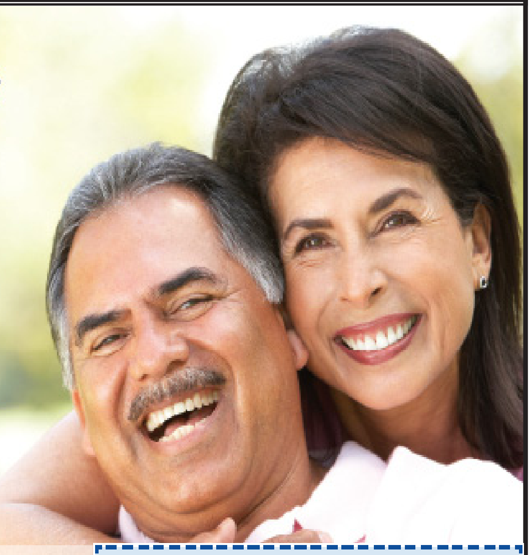

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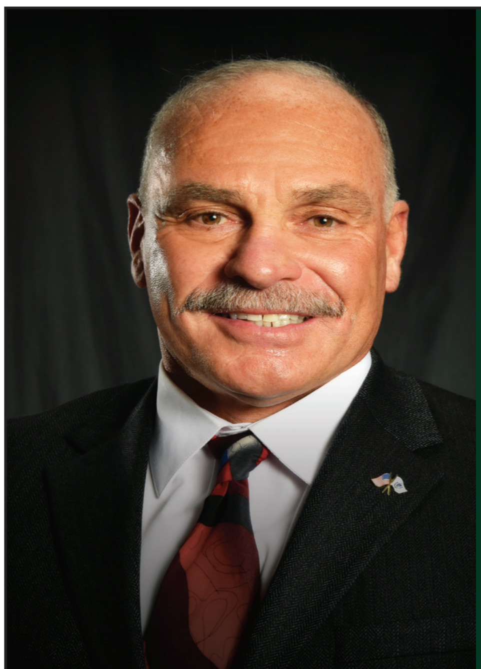

Primary Election
September 8, 2016

General Election
November 8, 2016

Jerry Robito
Democrat for Sheriff

In over 100 years, Essex County has not had a sheriff that has worked their way up the Sheriff's Department ranks.

The qualifications and requirements of a sheriff should be about **experience in corrections**, not political connections.

Please visit my website **RobitoforSheriff.com** and my social media pages for much more information.

Thank you.
- Jerry

Robito for SHERIFF
RobitoforSheriff.com

Diana DiZoglio
State Representative
14th Essex District
Haverhill • Lawrence • Methuen • North Andover

Diana@DianaDiZoglio.com

Paid for by the Commitee to Elect Diana DiZoglio

TOM DUGGAN'S NOTEBOOK

SECRET SUMMER BASH – Yes, it's true, we are holding our second annual Secret Summer BASH in August (Saturday the 20th) at Splash, Salisbury Beach at 8pm. No awards, no speeches, just a fun night out at Splash (one of the the best nightclubs on the beach) and the first drink for anyone affiliated with the Valley Patriot (including readers and advertisers) is on me!

SHERIFF'S DEBATE FOR DEMOCRATIC CANDIDATES – The Valley Patriot is sponsoring a debate in the Essex County Sheriff's race for the six candidates running for the Democratic Party nomination. The debate will be held on August 18th at North Andover High School's auditorium, at 7pm. All six Democratic candidates have confirmed and will attend. They are: William Castro, Kevin Coppinger, Michael Marks, Edward O'Reilly, Gerard Robito, and Paul Russell. The Debate is sponsored by Cynthia Aziz and the Menajian and Aziz law firm in Methuen, Patricia and Myles Burke of Berkshire Hathaway Real Estate, Colizzi Memorials on Merrimack St. in Methuen, Register of Deeds M. Paul Iannuccillo, and Richard Russell of Lawrence. We are still looking for sponsors for the debates as we are required to take out liability insurance for the venue and pay for the cameramen and janitors. Please email me if you are interested (before Aug 16th) at valleypatriot@aol.com.

CAMPAIGN FINANCES FOR SHERIFF'S RACE

Here are the starting and ending balances of the campaign finances reports for the Democratic candidates for Sheriff as of July 31st.

William Castro:
Starting balance, $781.27
Ending balance, $377.79
Kevin Coppinger:
Starting balance, $22,254.44
Endinga balance, $31,492.66
Michael Marks:
Starting balance, $23,571.45
Ending balance, $19,409.89
Ed O'Reilly:
Starting balance, $21,025.87
Ending balance, $12,704.69
Gerard Robito
Starting balance, $18,633.23
Ending balance, $18.168.51
Paul Russell
Starting balance, $32.04
Ending balance, $32.04

JIM JAJUGA Jr. ... YOU JUST CAN'T DO ENOUGH FOR SOME PEOPLE

JT Torres of New England Veteran's Liberty House and scores of volunteers showed their appreciation to our local police in Lawrence and Methuen last month, by serving them a free lunch.

So, last month I went out of my way to invite Methuen police officer (and candidate for Sheriff) Jim Jajuga Jr. to our pro-police rally. Given that there's a false rumor out there that I am "out to get" Jajuga, I wanted to make sure he understood that the rumor simply wasn't true, and he was welcome to attend. I had to leave him a message because he doesn't answer his phone, and of course, he never bothered to have the courtesy of calling me back to let me know he was coming. But he did come, and I made sure to thank him for coming, recognizing him at the microphone. A week later, I left Jajuga another message, this time to let him know we wanted to do a one on one interview for the paper to highlight his campaign, as well as invite him to participate in our Republican sheriff's debate, and let him know what the political ad rates were. Once again, he never called me back. So, as I do with every candidate, I sent him a text that said "How are you ever going to get elected Sheriff if you can't return people's phone calls." Well, within minutes he called me back. But, he wasn't calling back to apologize for being rude for not getting back to me. He wasn't calling back to schedule a time to be interviewed (you know, free ink for his campaign). He wasn't calling me back to thank me for inviting him to the debate, or the rally he attended the week earlier. No, no, Jajuga was calling back in an angry rant that I would DARE... DARE to talk to him that way (text to him that way?). He was angry, offended, and clearly confused. He also took exception to texting him on his "personal cell phone", as if he was the President of the United States or something. I get that not having ever run for office before, Jajuga might be a little thin-skinned, and may not truly understand how campaigning works, but never in my wildest dreams could I have predicted that a candidate... any candidate ... would be so self-destructive, as to lash out at out at a reporter who was going out of his way to help him promote his campaign. Rest assured, I got the message loud and clear.

RACIAL, ANTI-GAY SLURS IN DNC EMAILS - If you are wondering why CNN and the rest of the media are obsessing over whether or not the Democratic National Committee's (DNC) emails were hacked by Russia, wonder no further. The media (in particular CNN) refuses to report that DNC staffers referred to gays as "HOMOS" and that they called their Latino Outreach program "THE TACO BOWL ENGAGEMENT" in private emails that were revealed to the public by Wikileaks. Democrats also attacked Jews, plotted to destroy Bernie Sanders over his religion, and used derogatory terms for women identifying them specifically by their body parts. You don't see that on CNN because they are busy campaigning for Hillary while pretending to be objective reporters. With no evidence at all that Russia hacked the DNC emails, CNN and the rest of the news media have reported on this issue for 8 straight day (so far) in a purposeful effort to distract from what was IN those emails. I encourage my readers to do a Google search for some of the offending terms. You will be shocked to see what party leaders really think of minorities when there's no camera to perform for.

*Here's a little nugget that I'm going to leave right here....

LAWRENCE MAN SENTENCED FOR CASHING $146,000 IN STOLEN TAX REFUND CHECKS

A Lawrence man was sentenced last month in U.S. District Court in Boston in connection with receiving fraudulent U.S. Treasury checks. Rolfi Espinal, 49, was sentenced by U.S. District Court Judge Nathaniel M. Gorton to 18 months in prison, three years of supervised release and restitution of $13,500. In April 2016, he pleaded guilty to three counts of receipt of stolen public money. From September to December 2011, Espinal accepted fraudulent U.S. Treasury checks totaling $146,698, which he cashed through his girlfriend's bank account. In January 2013, Espinal falsely told federal agents that he received the checks as payment for used cars that he

NOTEBOOK: NEXT PAGE

FREDDIE SAYS

"Grrreat, there's a "Secret Summer BASH" at Splash Salisbury! Pick me up some Cristy's Pizza!"

SAT. AUG. 20th at SPLASH Salisbury 8PM

Freddie also Says
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- Tom [illegible],
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had sold to an individual, when, in fact, the individual did not exist and Espinal knew that the checks were obtained fraudulently. Furthermore, Espinal told the agents that he paid taxes on all of the income when he had only paid taxes on $34,000 of business receipts for the 2011 tax year.

United States Attorney Carmen M. Ortiz; Joel P. Garland, Special Agent in Charge of the Internal Revenue Service's Criminal Investigations Boston; and Stephen A. Marks, Special Agent in Charge of the U.S. Secret Service, made the announcement today. Lawrence Police Department and the Massachusetts State Police also assisted with the investigation. The case was prosecuted by Assistant U.S. Attorney Seth B. Kosto of Ortiz's Cybercrime Unit.

NORTH ANDOVER FINCOM

With Town Moderator Mark DiSalvo's most recent appointments to the Finance Committee, for the first time since the Town's founding in 1646, it will be made up of a majority of women. I'm not sure why that's important, but he made sure to point that out in his press release. Reappointed to the nine member committee for a three year term is current member Jennifer Goldman. Also appointed to a three year seat is new member Sasha Weinreich and appointed to a single year term is new member Divya Bhatnagar.

CABLE NEWS MEDIA LIES ABOUT DEM CONVENTION – Last month during the Democratic Party convention, CNN and the rest of the media "reported" that "a dozen or so people walked out" of the convention after Hillary Clinton was nominated for president. But, the Valley Patriot found (and posted) live video feeds from delegates on the floor of the convention showing THOUSANDS of people walked out after the vote. (Special thanks to Josh Fox for posting his live feed). CNN and the rest of the propaganda machines at MSNBC, NBC, ABC, etc., have long been able to successfully mislead the American public with fake stories to promote their agenda. And for years, the American public has had to believe what they were told on cable TV news because we had no other way to verify or debunk what they were reporting. Social media has forever changed that. No longer can the American news media mislead with immunity as they have for the last 25 years. I say, every time you see a story on the "news" you should take to Twitter and Facebook and find people who are involved in the story for a first hand account of what is really going on. You will be shocked to learn that 80% of what you see on the news every day is downright false. I say social media is going to be the takedown of CNN and other fake news channels in the near future, and that day can't happen soon enough.

BOOB LEBLANC – Anyone remember former Methuen Town Manager Boooooob Leblanc? I know, easy to forget, right? Leblanc, who assaulted a District Attorney a few years ago, and was once accused of stalking when he was a council candidate in Methuen, and now Bob is cyber trolling on social media. First, Leblanc attacked and slandered hero marine Chris Poublon on Twitter (his WCAP radio producer), for daring to disagree with him. He even viscously attacked Poublon personally, calling him a "pot head". That same day, LeBlanc was so unhinged over WCAP morning host Teddy Panos for disagreeing with him about Hillary Clinton that he threatened to sue him and take away his restaurant (The Athenian Corner) ... over a political disagreement. He even accused Panos of "being like Tommy Duggan" ...the worst of all insults for sure. It's so sad that LeBlanc has no friends, but seeing how he treats the people who have defended him in the past, it's easy to understand. I only hope he runs for city council in Methuen again so we can all laugh when he comes in last... again.

DEMS FOR LIFE ENDORSE LEGISLATIVE CANDIDATE

Democrats For Life announced their endorsement of the following Democrats running for re-election, citing their consistent effort to defend and protect life at all stages:

Senate: Michael Rush, Thomas Kennedy, and Richard Moore, House of Representatives: Alan Silvia, Marcos Devers, Brian Michael Ashe, John Velis, Thomas Petrolati, Angelo Puppolo, James Arciero, Thomas A. Golden, David Nangle, James R. Miceli, Timothy Toomey, James Dwyer, Paul Donato, Collen Garry, Bruce Ayers, Walter F. Timilty, John H. Rogers, Thomas J. Calter, Nick Collins, Russell E. Holmes, Edward Coppinger, Angelo Scaccia, Stephen Dinatale, Dennis Rosa, and Mark Dowgiewicz.

PUERTO RICAN FLAG DAY CEREMONY – Last month the City of Lawrence had a flag raising for Puerto Rico on the anniversary of the day Puerto Rico became a territory of the United States. That didn't sit well with some Puerto Ricans who wanted the flag raising to be on the anniversary of the day Puerto Rico was established. "We just want it to be on Puerto Rican independence day," Domingo Melendez told me. He and other protesters setup a table across from the flag raising and handed out leaflets about Puerto Rican independence but did join in when the flag was raised. A side note, the city will raise the flag of any country if a citizen requests it, and often raises the flags of other countries. But the Puerto Ricans have everyone

NOTEBOOK: PAGE 17

> "Governments create nothing and have nothing to give but what they have first taken away—you may put money in the pocket of one set of Englishmen, but it will be money taken from the pockets of another set of Englishmen, and the greater part will be spilled on the way."
>
> ***Sir Winston Churchill***

MARCOS DEVERS & DAN RIVERA
Make a Great TEAM!

Marcos Devers has worked hard to represent all Lawrencians at the State House. Whether you are from North Lawrence or South Lawrence, whether you are Latino or Anglo, Marcos Devers is fighting hard to make sure ALL Lawrence residents have their voices heard at The State House.

That's why Mayor Dan Rivera endorsed MARCOS DEVERS, State Representative on THURSDAY Sept. 8th!

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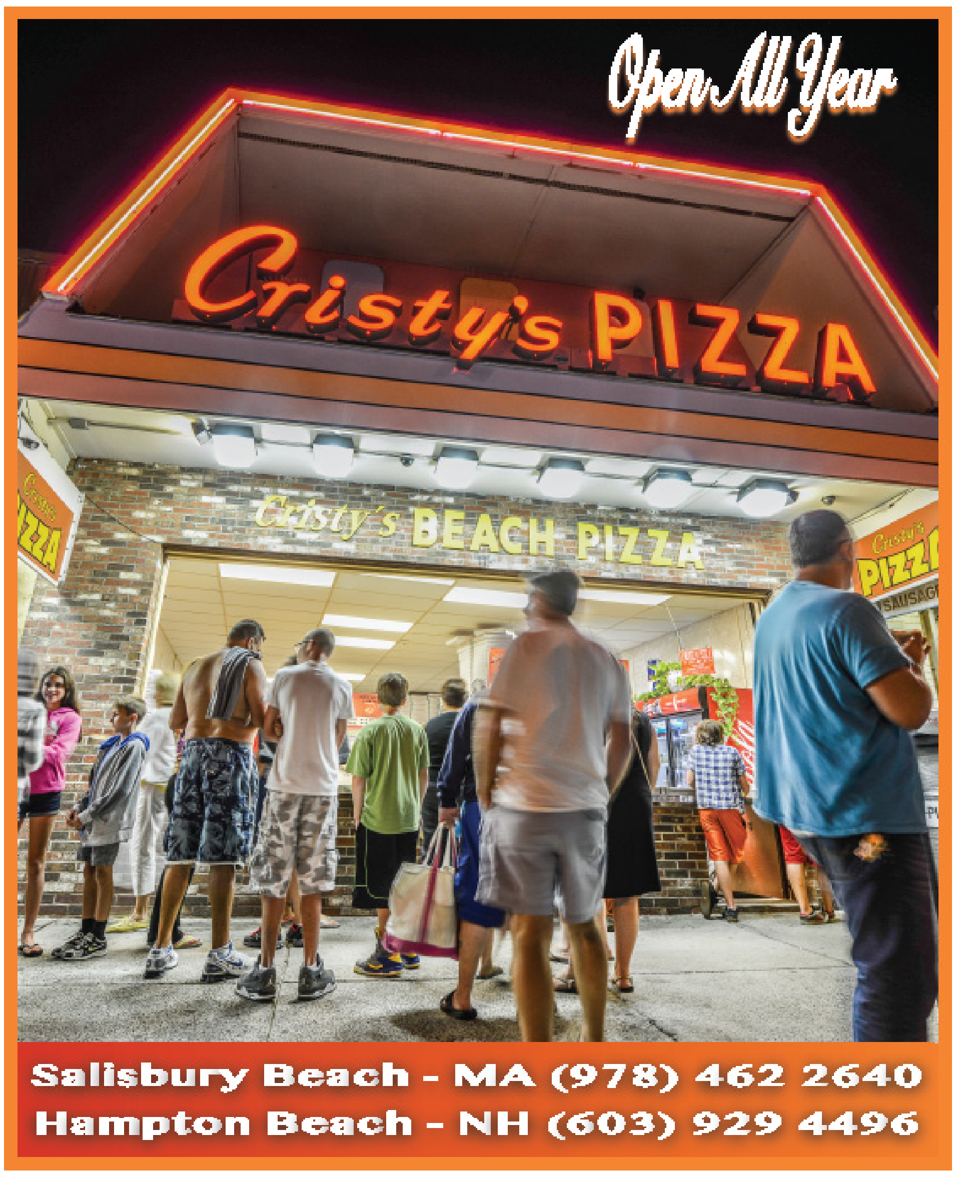

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SUMMER BEACH NOTEBOOK AND EVENTS

SPLASH SALISBURY TO HOST OUR SECOND SECRET SUMMER BASH!

Yes, kids it's true... The Valley Patriot is going to be holding our second annual "secret summer bash" in Aug. and our friend Jeff the owner of SPLASH SALISBURY has agreed to host our little event at his nightclub again this year. Now for those of you who attend our annual charity BASH in March... this is nothing like that. There will be no speeches, no awards, no ceremony, just a good time at SPLASH and the first drink is ON ME! We will announce the Aug. date in the next edition, so keep an eye out for it. We will also post it on our Facebook page. We also have every intention to invade UNCLE EDDIE'S for an after party that is sure to spill out on to the beach after last call. This is a fun event, it doesn't cost anything and as always ... SHHHH it's a secret!

SPLASH
LIQUID LOUNGE

RAMBLE! Salisbury is having a Ramble beachfests.org/events/the-ramble

7th Annual Ramble -Sat., Aug. 27th, 2016

We're excited to announce the 7th Annual Ramble where we'll come together on Salisbury Beach for a day full of music to support our veterans here in New England. Featuring the Adam Ezra Group and talented local bands. Check back for this years concert line up.

Donations from this year's Ramble will be donated to an incredible organization based here in Massachusetts called Homes for Our Troops (HFOT). HFOT builds mortgage-free, specially adapted homes nationwide for severely injured Veterans Post-9/11. **Ramble proceeds will help provide a home to a wounded Veteran** and their family here in New England.

NEWBURYPORT:

Live music in Market Square on the 'Bull Nose' in downtown- Thurs. 6PM - 8PM

Aug. 11: Annie Brobst, duo - "Country Act of the Year" at the New England Music Awards - Country | Rock - anniebrobstmusic.com

Aug. 25: Ben Eramo, trio - a Billy Joel tribute band. Benjamin is a high school student at Triton High. http://eramomusic.webs.com/

WATERFRONT MOVIE SERIES - 8PM - 10PM - OUTSIDE on Waterfront Park - bring a blanket! Get there early to claim a spot on the lawn and enjoy some family favorite tunes on the guitar by Matt Jackson while you wait for the show to start. Movies will be shown on a 40-foot inflatable screen with an HD Blue Ray Projector and BOSE professional sound system. You don't want to miss this!

Aug. 10: Willy Wonka and the Chocolate Factory, Aug. 17: Aladdin, Aug. 24: Inside Out

FREE PUBLIC PROGRAMS IN AUG. AT PARKER RIVER NATIONAL WILDLIFE REFUGE:

fws.gov/refuge/parker_river/ or call Refuge Headquarters (978) 465-5753. The refuge visitor center is located at 6 Plum Island Turnpike, Newburyport, MA.

Parker River National Wildlife Refuge - Behind the Scenes Tour! Guided two hour programTour - conducted via refuge van.

Aug. 13th at 9:30am; Sun., Aug. 14th at 1pm; Mon., Aug. 15th at 9:30 am; Sat., Aug. 20th at 9:30 am; Sun., Aug. 21st at 1pm; Fri., Aug. 26th at 9:30 am; Sat., Aug. 27th at 9:30 am; and Sun., Aug. 28th at 1pm

Join a refuge ranger for a behind the scenes tour of Parker River National Wildlife Refuge.

Refuge Bicycle Tour (at Parker River)

Fri., Aug. 12th & Sat., Aug. 27th both at 9:00 am for 2 hours - Appropriate for adults and children age 16 or older.

Experience the refuge from the unique perspective of your very own bicycle! Starting at the visitor contact station at Lot 1, the ranger-led group will gradually make its way south along the paved portion of the refuge's Wildlife Drive, stopping at various points along the way to view wildlife, hear stories of Plum Island's past, and learn about the inner workings of a national wildlife refuge. . Each participant must provide a bicycle, helmet, and water bottle. Meet the ranger on the deck of the visitor contact station. Limited to 10 participants. Preregistration required.

http://business.newburyportchamber.org/events/details/free-public-programs-in-august-at-parker-river-national-wildlife-refuge-29214

SALISBURY FREE BEACHFRONT CONCERTS/EVENTS:

2016 Lawrence Supergroup & Friend Reunion, Sunday, August 14th at 1pm at Uncle Eddie's Oceanside Tavern in Salisbury, Massachusetts.

Fri, Aug 12th 7PM, Classic Cars + Doo Wop

Sat, Aug 13th, 7:30 PM Domenic Marte Concert + Fireworks

Fri, Aug 19th 7:00 PM Classic Cars + Doo Wop. Sat, Aug 20th, 7:30 PM Freevolt Concert + Fireworks. Fri, Aug 26th, 7PM, Classic Cars + Doo Wop. Sat. Aug. 27th, Adam Ezra at the Ramble. Fri, Sep 2nd, 7PM Classic Cars + Doo Wop . Sat, Sep 3rd, 7:30PM Entrain Concert + Fireworks

HAMPTON BEACH

Fireworks every Wed. during the summer and Sept. 4 – Special Labor Day and Sept. 10 for the Seafood Festival (at 8 p.m.), on the beach in the area of the Sea Shell Stage at 9:30 p.m. - rain date the following Fri..

Sea Shell Stage Nightly Free Shows - Two shows each night. 7-8 p.m. and 8:30-9:30 p.m. Don't forget your dancing shoes! hamptonbeach.org/events/seashell-stage-nightly-shows/

Tues., Aug. 9th: Mike and Me (The Vic Paul Show) Cabaret Music

Wed., Aug. 10th: The Continentals – music from the 50-80's – the-continentals.com

Thurs., Aug. 11th: The Goat Roper Band – Country

Fri., Aug. 12th: Mark 209 – Gospel

Sat., Aug. 13: Mass Brass Action – Brass Band

Sun., Aug. 14th: On Tap Band – Rock and Pop Music ontapband.com

Mon., Aug. 15th: The Reminisants – Oldies – reminisants.com

Tues., Aug. 16th: Manchester Community Music School

Wed., Aug. 17th: The Continentals – music from the 50-80's – the-continentals.com

Thurs., Aug. 18th: Walkin' The Line –

Fri., Aug. 19th: The Continentals in Children's Day Parade / Evening: Old B's

Sat., Aug. 20th: The Brandy Band

Sun., Aug. 21st: TonyMack Band: Blues/ Rock – TonyMack Band's Facebook Page

Mon., Aug. 22nd: Kelly Shepard No Mad Stories

Tues., Aug. 23rd: Young Performer's Club presents "Little Big Shots"

Wed., Aug. 24th: The Continentals – music from the 50-80's – the-continentals.com

Thurs., Aug. 25th: Colin Axxxwell – Country – colinaxxxwell.com

Fri., Aug. 26th-28th: Talent Competition hamptonbeach.org/events/talent-competition

Mon., Aug. 29th: Eastern Sound Orchestra – Polka

Tues., Aug. 30th: Bobby G

Wed., Aug. 31st: The Reminisants – Oldies – reminisants.com

Thurs., Sept. 1st : Angela West and Showdown – Country

Fri., Sept. 2nd: Soul Income

Sat., Sept. 3rd: HELP – Beatles tribute Band – HELP's Website

Sun., Sept. 4th: The Continentals – music from the 50-80's – the-continentals.com

Mon., Sept. 5th: The Reminisants – Oldies – reminisants.com

27TH ANNUAL SEAFOOD FESTIVAL - weekend of Sept. 9-11, 2016. This event has been rated one of the Top 100 Events in North America by the American Bus Association. Featuring 60 of the Seacoast's top restaurants offering their very best seafood dishes, continuous entertainment, end-of-season sidewalk sales, an arts and crafts tent, a beer tent, lobster eating contest, a spectacular fireworks display on the beach and more!

Visit hamptonbeachseafoodfestival.com

SALISBURY CLASS ACTION

Are you interested in joining a class action to recover the money you paid for the sewer betterment billed in 1992 over a 20 year period, that according to government documents was 100% grant funded?

Atty. Richard D'Agostino has been approached by SEVERAL Salisbury property owners requesting to have a special meeting with him and other interested people to get united to "right a wrong" for hundreds of people who were charged for a "sewer betterment" $7.8 million over the sewer project cost!

Atty. Richard D'Agostino said anyone interested should contact him at dagostinolaw96@gmail.com regarding this Salisbury sewer betterment because he is scheduling a special meeting to discuss this issue. If you or anyone you know are interested in joining in for a class action suit contact him. See this article in the September 2015 Valley Patriot. http://valleypatriot.com/civic-group-protests-sewer-charges-working-with-epa-officials-to-stop-corruption-in-salisbury/#comments

The following areas were charged $7.8 million over the cost of the state mandated $18 million sewer project that was 100% grant funded by U.S. EPA, MassDEP, and U.S.D.A.: North End Blvd. up to the area of 11th Street, Central Ave., the beach center and the entire south end of the beach, including Atlantic Avenue, and many areas in Salisbury.

Note that the Town voted this project on May 17, 1982 Article 28 at Annual Town Meeting which is the "assessment order/order for construction" for this state court ordered sewer project; this project was completed by 1989. In April 1992 the Town billed $7.8 million sewer betterment claiming the Town needed this to cover the cost the Town spent even though the federal and state government paid for this project.

IF YOU PAID the sewer special assessment/betterment CHARGED IN 1992 at $2,521.82 for each unit/house [plus $1,929.01 at 8.05% interest = $4,450.86 when amortized for 20 years] then it is very important that you LISTEN TO ATTY. RICHARD D'AGOSTINO speak for 2 minutes at 1 hr. 37 minutes of the Salisbury Beach Citizens for Change 2015 Meeting.

[Google: Channel 12 Schedule - SCTV Video on Demand] Salisbury Beach Citizens for Change 2015 Meeting Show ID 4142

http://173.9.125.70/Cablecast/Public/Show.aspx?ChannelID=1&ShowID=4142

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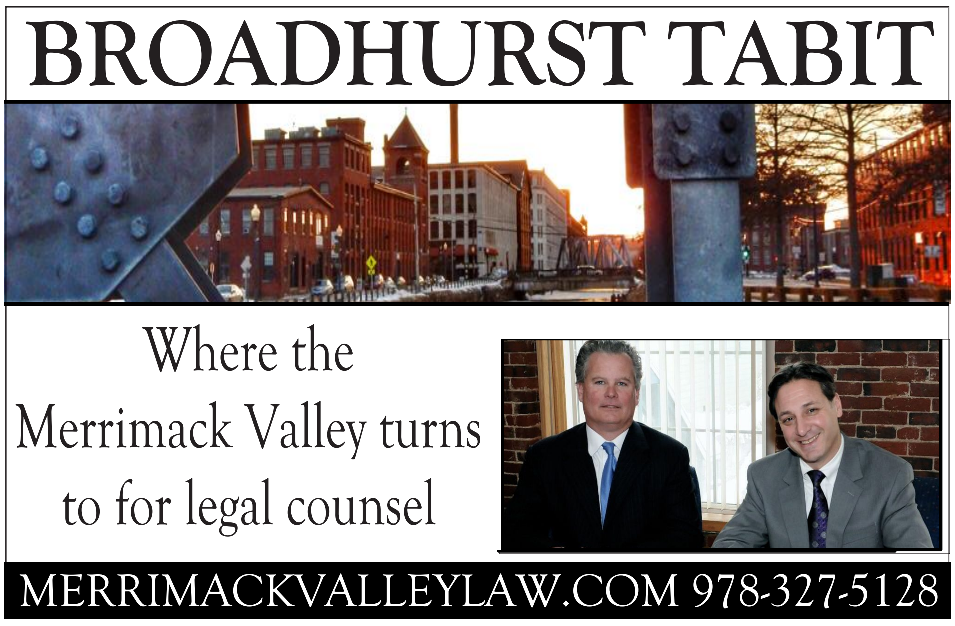
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~Mike Gagliardi,
Local 175 Laborers' Union of North America

Ye Gay Ol' Valley

New Wheels Needed for a Scout Leader

Dani Langevin
VALLEY PATRIOT LESBIAN COLUMNIST

My brother, George, is not your average Scout leader. In fact, he's not your average man. Forty-one years ago, at the age of 23, George was involved in an accident at work and became a quadriplegic. The doctors at Mass General told his wife and my parents that he would not live. George had other plans. He lived. Then the doctors told the family that he would never walk. George had other plans. Through painful physical therapy, gut wrenching focus and tenacity he regained the use of his right side. His left side would never recover. He became the first patient in the history of the hospital's quadriplegic ward to walk out of it.

Over the years, George learned how to do the work of a physically whole man with just his right arm, right leg and a never wavering determination. He's endured countless operations, thousands of falls that broke bones, and hundreds of setbacks physically, financially, personally, and emotionally. George never gave up, never stayed down, and never said, "I can't". We all thought George would be taken from us before the age of 50 or 60 because of his slow internal system that was affected by the paralysis and because of the wear and tear on his half functional body. George had other plans and is still going at the age of 65. Unfortunately, it is all catching up with him.

George's functional ability level has dropped dramatically in the last 5 or more years and his pain level has risen to an almost unbearable level. Because he's used his right side to make up for his unmoving left his joints and muscles are breaking down rapidly. He has carpel tunnel in his right hand, his right knee is nothing but bone on bone and his spine is literally turning to dust. It's a heart-wrenching thing to see this man, who has fought so hard for the majority of his life, break down physically in front of your eyes.

Next to his wife, being a Scout leader is his life's passion. George has been an Assistant Scoutmaster for the past 33 years. I can say from personal experience that it is because of his wife and the Boy Scouts that he has found the strength to keep moving. George bleeds khaki green. Over the years he has mentored thousands of scouts and sat as an Eagle Scout Proposal Chairman in over 500 Eagle Boards of Review. He is the Eagle Board Chairman for the Northern Light District Spirit of America Council. He is also a merit badge councilor for Disabilities Awareness, cooking, wilderness survival, and art. George is Wood Badge trained which is the highest level for an adult Scout Leader. In 1988 he received the District Award of Merit. In 2006 he received the Silver Beaver award for his impact on the lives of youth. He did all this with just half of a working body.

George has been using a golf cart to navigate his way around Scout Camp. He can no longer walk the rough paths because his footing is extremely unsteady and falling would be inevitable. Unfortunately the cart he's been using for the past few years is getting as rickety as its driver and George needs a new one or he won't be able to do what he loves most- be a Scout Leader and mentor boys into well rounded young men. On behalf of my brother, I have set up a Go Fund Me page where people can make donations to raise money to get George a new golf cart. If you would like to help by donating, please go to: gofundme.com/wheels-scoutleader.

George needs a customized golf cart with larger wheels and a storage space in the back for carrying supplies. A golf cart such as this costs at least $5000. George will use any extra money raised to help scouts who can't afford to go to camp or the yearly jamboree. No donation is too small especially to help out a man who has dedicated his life to fighting for every step in order to help the youth of America.

Dani Langevin is a teacher and has a Bachelors in Fine Art and Masters in Education. She has written four young adult novels, one of which is self-published. You can email Dani at DaniBLangevin@aol.com

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Beneath the Surface

Pornography – A Public Health Crisis?

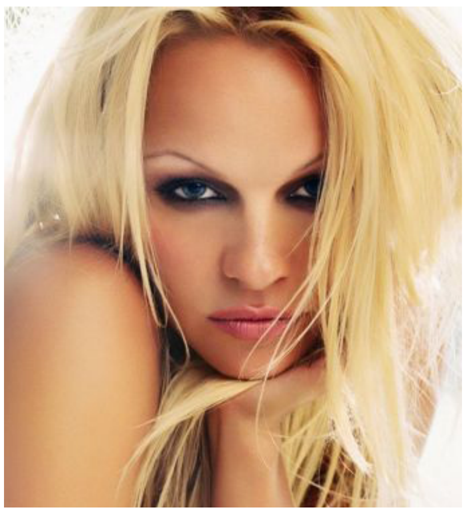
Paul Murano
VALLEY PATRIOT COLUMNIST

When I was growing up I saw Democrats and Republicans switch values on the important cultural issues defining what it means to be human. Democrats were pro-life and supported natural marriage while Republicans were liberal on cultural issues. This changed when Rockefeller Republicanism evolved into Reaganism, and secular humanism was embraced by Democrats. The party of the little guy chose to abandon the littlest guy (the unborn) to the abortion knife, and henceforth lost its credibility. Fast-forward to 2016. While the Democratic Party remains on its track to hell, the goalposts have shifted for Republicans. They remain part of the resistance, but there is less passion for defending life, upholding natural marriage, and debunking the foolishness of gender ideology. There is, however, one move the Republican Party recently made that keeps hope alive that this country has not yet irretrievably fallen into the quicksand of materialism and relativism. It took courage to take on this sacred cow which is also a pink elephant. The 2016 Republican Party platform includes a plank that states pornography is a public health crisis.

Why is this important? Many will scoff at it, asserting privacy and claiming there are much bigger issues to tackle. They are wrong, and here's why. Pornography harms people in three basic ways: It damages the brain, relationships, and society. With the assistance of the website fightthenewdrug.org, let's look beneath the surface at each of these.

Porn damages the brain: Research has uncovered that neuroplasticity in the brain enables a habit of pornography to create new pathways reconnecting neurons and "rewiring" the brain in ways that makes one feel uneasy without a porn "fix". Watching pornography floods the brain with dopamine and oxytocin, and is very easily addictive. The more a person watches the more severe the damage to their brain becomes, and the more difficult it is to stop. Research indicates porn addiction, like drug and alcohol addiction, shrinks the frontal lobes of the brain, the logical decision-making part of our brain. The good news is that neuroplasticity can work the other way too. Pathways can be rewired if a person seeks help and is able to kick the obsession.

Porn damages relationships: The more pornography a person consumes the more difficult it becomes to be naturally aroused by a real person. It challenges one's ability to form relationships and consummate marriages. Also, Dr. Gary Brooks, a psychologist who has worked with porn addicts for the last 30 years says, "[Watching porn] can't help but be a depressing, demeaning, self-loathing kind of experience." Because of the shame involved, the self-concealment caused by pornography hurts relationships and makes people more vulnerable to severe psychological problems. Porn teaches that people are worth nothing more than a sum of their body parts, to be used for pleasure. This mindset remains with the porn user, at the very least, unconsciously. Porn greatly increases the pain of loneliness and depression, and incurs the guilt of knowing one is objectifying women for the purpose of unnatural pleasure. It goes without saying that one's relationship with God is also altered with pornography, due to the intentional lusting after women that Christ called "adultery in the heart." Put simply, porn kills love.



Pornography affects society: Yes, some milder forms of pornography have been around forever, but the invention of the VHS tape and then the personal computer changed the landscape entirely. No longer do people have to deal with the humiliation of ordering or watching pornography in public. As a result it has become an epidemic and is the number one cause of divorce and family break-up. According to a survey of members of the American Academy of Matrimonial Lawyers taken back in 2002, 62 percent of the divorce attorneys surveyed said that obsession with pornography had been a significant factor in divorce cases they had handled in the last year. Since then it has gotten worse. The number of men that regularly practice the self-abuse of masturbation to internet pornography, what the great Thomas Aquinas called the unnatural vice, rather than seek to love a real woman, is astounding. Today children live in a world of hard-core pornography, and researchers say the average age of first porn exposure is around 8 years old. Young people are being formed by internet pornography. Sex education and morality now come largely through the dark and sinfully destructive world of pornography, where love, commitment, and faithful exclusivity are absent, where surgically enhanced bodies are the norm, where sodomy, violence, and degradation are ubiquitous, and where the objective meaning and purpose of human sexuality is completely missing.

Are we experiencing a public health crisis with pornography in America? Of course we are, and have been for over two decades. Those who are addicted, and there are many, will not admit it, but denial only adds to the psychological abuse of children, the exploitation adolescents, the sexual abuse of women, the denigration of the family, and the physical, emotional, and spiritual degradation of all those who watch. The 2016 Republican Party platform is one of the most courageous ones ever written. The only question is - how many people will take it seriously?

(Much of the information gathered in this column came from www.fightthenewdrug.org)

Paul Murano teaches philosophy at Rivier University and North Shore Community College and is host of Beneath the Surface radio show on WCAP, Mondays 10-11pm, with podcasts available at .facebook.com/fellowtruthseekers. Paul teaches adult enrichment at St. Patrick's in Nashua, is founder of Heartbeat Pregnancy Help center in Burlington, and is a singer-songwriter-musician. E-mail Paul at PJDM@aol.com

KATHY'S LAWRENCE NOTEBOOK

Summer Lawrence Politics

Kathy Runge
LAWRENCE COLUMNIST

It's summertime and as usual the City Council is taking their well deserved summer break. The Council cancelled their first scheduled meetings of July and August. Two committee meetings in July didn't have a quorum and had to be rescheduled.

During this time of uncertain meetings, the council likes to consider high impact ordinances. Last year the Sanctuary City Ordinance was pushed through in July and August, with the council even meeting the week of July 4th in their first unsuccessful attempt to push it through.

This year an item changing the requirement for recalls has appeared on the agenda. This proposal would heighten the bar for recalls, which may be a good thing. The recalls are just times of intimidation, dirty tricks and misleading information in Lawrence.

Another rental inspection ordinance also appeared on the agenda. The last time this was tried I suggested that the Inspectional Services Department try to organize its records and enforce the current laws, which require the landlord to obtain an occupancy permit when tenants change.

It seems that the department just waits for people to request occupancy permits. Rather than trying to increase compliance with the current law, the city wants to increase inspections for everyone.

Recently, Inspectional Services found over 50 common victular licenses that had expired. Don't they track this information? How much revenue does this city lose? Not only do we have this incident, but also we have the code inspector that resigned for selling forged serve safe certificates and other unprofessional conduct.

This inspection ordinance comes with a dramatic expansion of the number of code inspectors. At a time when the city is trying to ferret out corruption in this department,

LAWRENCE: PAGE 28

Baker Signs DiZoglio Law Exempting Veterans from Excise Tax

Massachusetts Governor Charlie Baker has signed two bills into law benefiting veterans that were sponsored by State Representative Diana DiZoglio (D-Methuen).

Under House Bill 4073, An Act exempting members of the military in active duty from automobile excise tax, active duty members of the military will now be exempt from the state motor vehicle excise tax while serving. The excise tax will not apply to Massachusetts residents in active and full-time military service who have been deployed or stationed outside of the Commonwealth for a period of at least 45 days.

DiZoglio says the legislation was inspired by a conversation she had last year with Methuen constituent, Diane Amato.

Last August, Amato, her daughter Alfina, and Methuen City Councilor Thomas Ciulla, contacted DiZoglio regarding an issue the Amatos were facing with excise taxes. Despite the fact that Alfina was serving overseas in Afghanistan, and unable to use a vehicle stateside, she was being charged with a motor vehicle excise tax.

"It can take years to pass a piece of legislation," said DiZoglio.

"I am thankful to local advocates such as Methuen City Councilor Tom Ciulla and Diane Amato of Methuen, for their passion and dedication to working together with my colleagues and for seeing this through to the end."

Under House Bill 3136, An Act relative to mental health, suicide prevention and transition services for veterans, a commission will be created to look into ways to improve transition services for returning veterans and reduce the rate of suicide and effects of post-traumatic stress disorder, depression and anxiety. The commission will investigate and study veterans' reintegration into civilian life and issues related to isolation and suicide.

The legislation was earlier endorsed by the Gold Star Wives of America, VFW Post 8772 and Veterans Northeast Outreach Center (VNOC), located in Haverhill.

According to Pentagon data, war was the leading cause of death in the military nearly every year between 2004 and 2011 until suicide became the top cause of troop deaths in 2012 and 2013. A recent national study by the U.S. Department of Veterans Affairs found deployed veterans have a 41 percent higher suicide risk compared to the general U.S. population, while non-deployed veterans have a 61 percent high suicide risk. Among veterans who died serving during the Iraq and Afghanistan wars between 2001-2007, roughly a fifth were suicides.

"Currently, the rate of suicide among our returning veterans is higher than that of those killed in the line of duty," said DiZoglio. "This is simply unacceptable. I filed this legislation to ensure additional mental health services would be provided to the men and women who risk their lives to protect us. This bill will assist in their transition back into our communities. I am grateful to Governor Baker for signing this legislation as an example of his commitment to veterans in the Commonwealth."

IN YOUR CORNER WITH SENATOR KATY IVES

Closing the Loopholes on Drunk Driving Laws

Kathleen O'Connor Ives
MASSACHUSETTS STATE SENATOR

In July, the Massachusetts Senate passed legislation to promote the use of ignition interlock devices by OUI offenders, which test a driver's blood-alcohol content before starting a car. Mothers Against Drunk Driving and AAA Northeast have endorsed the use of the devices as an effective means to prevent drunk driving by repeat offenders.

We've seen time and again stories of habitual drunk drivers getting behind the wheel despite suspended licenses. The use of these devices is a proven and commonsense way to increase compliance with driving restrictions for repeat offenders and improve public safety.

I filed an amendment included in the bill which tasks the Commissioner of Probation and the Commissioner of Criminal Justice Information Services to conduct a study on law enforcement agency access to sealed prior convictions for violating the state's OUI laws, and to submit a report to the legislature including legislative recommendations.

The only type of record check available to the public is the Criminal Offender Record Information (CORI). Prior offense records should only be sealed on public CORI reports. Increasingly, however, records have also been sealed on the Court Activity Record Information (CARI) which is a separate, electronic record available only to law enforcement and other court personnel. CARI reports should contain a comprehensive list of court appearances, including sealed records. In cases where subsequent offenses carry different charges and more severe sentences, as is the case with Massachusetts OUI laws, law enforcement, prosecutors, and judges having access to a comprehensive account of one's criminal history is crucial to the proper administration of justice.

Undercharging OUI offenders causes administrative delays as prosecutors are forced to file motions to amend charges upon discovering prior convictions and, more importantly, compromises public safety. For example, prosecutors may request a dangerousness hearing for individuals charged with a third or subsequent OUI in order to detain an individual while they await trial. If prior convictions are not known to prosecutors at the time, these habitual offenders may have the opportunity to drink and drive again before returning for trial.

Under Senate Bill 2445, "An Act Further Strengthening Public Safety By Reducing Unlicensed, Uninsured Driving By OUI Offenders," passed by the State Senate, individuals convicted of OUIs would be able to apply for an ignition interlock license in order to drive. The bill would eliminate the current system of drivers petitioning for hardship licenses which would allow them to drive, but only during certain hours of the day. Drivers guilty of their first OUI offense would have the opportunity to install ignition interlock devices in their vehicles, while subsequent offenses would require enrolling in treatment programs or completion of jail sentences before an ignition interlock license could be issued.

According to Mother Against Drunk Driving, 26 other states require ignition interlock devices for OUI offenders. In Massachusetts, 41 percent of motor vehicle fatalities are alcohol-related.

Even though there was not sufficient time left on the legislative calendar for the House of Representatives to consider this legislation before the end of the formal session on July 31st, this bill made significant progress this session. It was important that my amendment, requiring a study and proposed solutions to the problem of prior OUI offenses being improperly sealed, was included in the bill and I will work to ensure that the provision remains in the bill when the legislation is filed again for consideration by the Legislature at the beginning of 2017. And, as always, the more residents communicate to their legislators about their support for this bill, like any other, the better chance it has to become a legislative priority and passed into law.

Senator O'Connor Ives can be reached at KATHLEEN.OCONNORIVES@MASENATE.GOV .

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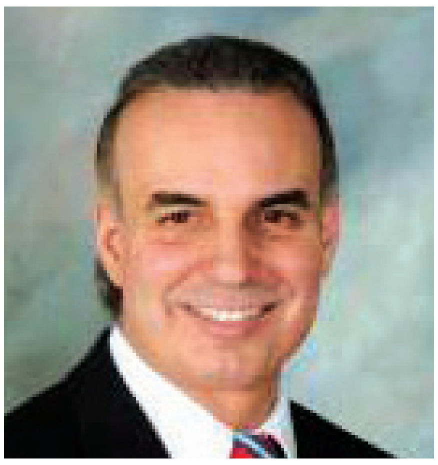

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PAID FOR BY THE COMMITTE TO ELECT LENNY MIRRA

Senator Tarr to Make "Kill List" Writers Subject to Criminal Penalties

Senate Minority Leader Bruce Tarr (R-Gloucester) today announced his intention to file legislation creating the crime of using the Internet and other communication channels to propagate so-called 'kill lists'.

The Tarr bill creates penalties for anyone who attempts to induce, tempt, command, or entice another person to take action in a conspiracy to commit a crime involving acts dangerous to people, property or infrastructure. In a structure similar to the solicitation of a minor, prosecution under the proposed law will not require that another person respond to the directive.

"Around the world and across the nation we have too often witnessed violent and tragic acts of terrorism resulting in death and injury to innocent civilians. And, day after day we see evidence that acts of terrorism are not exclusively actions of direct violence." said Senator Tarr. "Threats of violence and activities such as posting 'kill lists' that can lead to realized violence are debilitating to our communities and society. Dissemination of a 'kill list' should be a serious crime with serious punishments."

Those charged and found guilty will be subject to penalties of up to 20 years in the state prison, a fine of not more than $20,000, or by both.

Unlike other legislation that requires a conspiracy, a scheme directly from one individual to at least one other, this bill establishes the crime of terror targeting by way of solicitation through communicating or distributing names of potential victims or infrastructure locations through any transmission system including telecommunications devices, electronic mail, Internet sites, or any similar medium of communication.

While lawmakers have previously established penalties for hoax biological, chemical and explosive devices as well as for those who make threats that result in the evacuation or disruption of specific places such as schools, places of assembly and public transportation which can result in 20 years of imprisonment existing law does not yet adequately encompass the new terror technique.

Key components of the Tarr bill include:

Defining solicitation through communication channels for the purpose of inciting violence, destruction of property or public alarm; and defining critical infrastructure as public or private infrastructure resource systems necessary to ensure or protect the public health, safety and welfare, including a public water system or source; and emergency, governmental, medical, fire or law enforcement response systems; public utility, financial and educational systems,

Establishing penalties for criminal violations,

Eliminating the statute of limitations for the crime of terror targeting,

Empowering a court determination, after conviction, of the damage caused as a result of the defendant's crime and, dependent on the defendant's ability to pay restitution, assess the costs to the violator,

Directing the Attorney General to undertake a review of all sections of the laws relative to acts of terrorism and make a report of recommendations to the Legislature.

"We need a fresh look at our existing anti-terror laws and we need to give law enforcement officials and prosecutors tools to reduce this type of threat so they can bring to justice anyone who engages in it. Without a strong response, we may see the rise of copycat list makers and a thinning of valuable public safety resources," said Tarr.

Once filed, the new bill is expected to be referred to the Joint Committee on Public Safety and Homeland Security.

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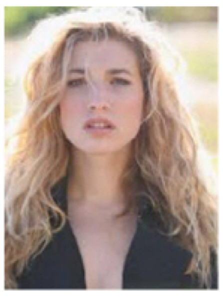
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MA Attorney General Says She's Not Banning Guns or Changing Laws

Massachusetts Attorney General Maura Healey denied reports that she is "banning guns" or overstepping her authority saying she is neither creating a new law or taking away 2nd amendment rights.

Healey appeared on 980WCAP's morning show with Teddy Panos and Leslie Boder to talk about attending her first national convention, but the conversation quickly turned to guns and Healey's announcement last week that she will enforce a previous ban on "copycat assault weapons."

"I'm going to be real clear with folks," Healey said.

"What I did last week was, our office sent out a notice reminding people of our existing state law of our assault weapons ban, and reminding them that copycat versions of those assault weapons are also prohibited for sale under Massachusetts state law."

"Over the years, those weapons have still been sold. We wanted to be clear with gun dealers that they need to comply with the law, and that those weapons are actually not for sale in Massachusetts. This is not a ban on all semi-automatic weapons. I'm not saying that we are going to take guns away from people. In fact, people who have purchased these guns over the years in good faith, believing they were able to purchase them, can keep them and they can resell them if they wish."

"But, on a forward going basis we want to be clear that the law in fact, prohibits the sale of these kinds of guns."

"Why did our office do it now? We did it because, I think at this point in our country we need to take a hard look at what we need to do to reduce gun violence and promote gun safety. There are a lot of things that we can do that we should be doing. Gun owners are a key part of this, and teaching responsible gun safety is part of this. Working on mental health issues, working to keep guns out of the hands of people who are dangerous to themselves, or others, is part of this, and cutting down on the illegal trafficking of guns, particularly from other states."

"More than half of the guns that show up in Massachusetts, used in crimes, come from other states."

"So, obviously it has not made everybody happy. But it doesn't surprise me when you come to issues of guns and the second amendment. This is not, in my view, an infringement in any way, shape, or form an infringement of people's second amendment rights. We are not taking guns away from people.

"Ten thousand of these weapons were sold in Massachusetts last year alone. After Orlando, sales of these particular style weapons skyrocketed 450%, in just the week after. I realize that the majority of shootings in this country are at the hands of handguns. But, I will say that this particular class of weapons was designed to be able to shoot as many rounds as possible, in as little time as possible, and to kill as many people as possible, in as short amount of time as possible. That was the design and the intended use by the military. It has become commercialized to the civilian public, and it's just not the kind of weapon that was ever intended for civilian hands."

"Has it been marketed that way? Absolutely. Do a lot of people purchase these? Absolutely. But, we just have to get back to a place where the law is being enforced, and that's what this effort is about here in Massachusetts."

"When you look at Arora, San Bernardino, or Baton Rouge where officers were targeted …and Dallas . This is the type of weapon that was used. They are the weapons of choice for mass shootings. That's what this is about. It's about reminding people and making clear that this is a law in Massachusetts and the sale of these are banned."

Teddy Panos asked her why there was so much emphasis on this while existing gun laws with mandatory sentencing is not being enforced. He also asked if she would support a law making it mandatory that gun charges cannot be plead down to avoid jail time. [Editor's note: she did not answer the second question]

"I will tell you, I know throughout the state there are so many prosecutions and investigations of gun trafficking, and prosecutions of individuals who have guns in their possession illegally. That's important. That needs to continue. We need to do everything we can to crack down on illegal guns. My office is committed to that. I know DA's, and police chiefs, and police departments are committed to that. Part of the problem is that there are so many guns coming into, and through our borders, that it's always a struggle to keep up. But, you are absolutely right, we need to continue to focus on investigating, prosecuting, and holding accountable those who have guns illegally. But, at the same time I think it's also worth looking at the bigger picture of what is happening here."

USING THE CDC TO RESTRICT GUNS, A PUBLIC HEALTH ISSUE?

"Weeks ago, I joined with other state's Attorneys General, asking congress to let the Centers of Disease Control (CDC) to actually study gun violence and trauma. Why? Because CDC often studies consumer products, and comes up with ways to design better safety, and intervention, and preventive strategies. I want the same for guns, you know. I want to make sure that we are learning from experiences, and doing everything we can to reduce the gun violence; whether it's in domestic violence situations, whether it's in a suicide situation, whether it's young people who have access to guns and use those as a means of sorting through their issues instead of other means."

"This is a public health issue, and 90 Americans each day are killed by guns, and another 200 are injured. I think we need to talk about it as a public health issue. We need to respect, of course, the second amendment, and protect the rights of law abiding gun owners. That is important. But, it is not mutually exclusive of doing what we need to do to protect public safety and public health in my view."

Cops Executed Because of CNN's Anti-Cop Hysteria

Paying Attention!
WITH TOM DUGGAN

I blame TV CNN and their reporters for the execution of police officers in Dallas and Baton Rouge. Let me make my case, and hopefully elevate the discussion.

We are preached at every day by democrat politicians and their advocates in the "news" media that it's wrong to label and stereotype Blacks, Muslims, women, minorities of all kinds, people with sexual preferences we may not share, the poor, etc.

Why then, is it ok for CNN and the vast majority of television news networks to label and stereotype cops?

Since the Ferguson shooting of would-be cop killer Michael Brown by Officer Darren Wilson, the so called "news" media has created mass hysteria over the fake story that Michal Brown had his hands up, and was yelling "don't shoot!" when Officer Wilson "gunned him down".

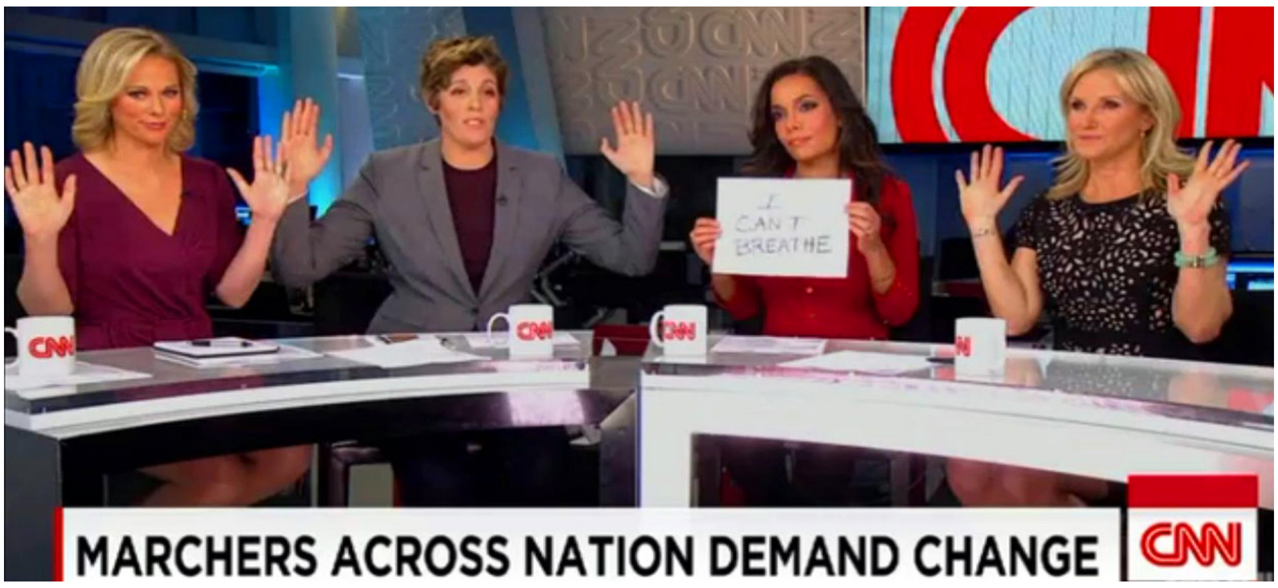
Even President Obama's Justice Department concluded that Wilson was charging at Officer Wilson when the officer fired the fatal shot in self-defense.

Yet, long after the "hands up, don't shoot" propaganda was proven to be untrue, CNN continued their campaign of anti-cop hysteria by continuing to report the "hands up, don't shoot" story, adding to that a daily onslaught of misleading stories and scripted panel discussions specifically designed to label and stereotype cops as racist, jack-booted thugs, looking to gun down young black men.

News reporters are supposed to report the facts objectively. They are free to have all the biases they want as long as it does not affect their news reporting. Yet, CNN not only disregarded the facts about various cases of police shootings of black men, they proved their anti-cop bias and hatred by posing for this photo (above right) at the "CNN NEWS DESK". The signal they sent was, that as a news network, they were taking the side of would-be cop killer Michael Brown, and the domestic terrorist group Black Lives Matter, which grew from Michael Brown's death and the "hands up, don't shoot" lie.

A DIFFERENT STANDARD

When Congressman Gabby Giffords was shot, Chris Matthews of MSNBC blamed the NRA and Sarah Palin, saying "words have consequences. Symbols have consequences." His claim, which was shared by CNN's Don Lemon, was that some crazy person saw an NRA flier with a bullseye over Gifford's district (indicating they were targeting her in the next election for defeat) and shot Giffords as a result.


I CAN'T BREATHE
MARCHERS ACROSS NATION DEMAND CHANGE
CNN

While Matthews claim was false, his liberal philosophy of "words causing harm" sure makes you wonder.

Black Lives Matter advocates call for the murder of cops, (specifically white cops) based on the lie that cops are "out to gun down black men". What responsibility has CNN, MSNBC, and the rest of the anti-police "news" media taken after giving BLM's message legitimacy and stoking the flames of violence against police? None.

As the result of these 24-7 news media misrepresentations, and the purposeful labeling and stereotyping of police officers as racist killers; our inner cities have exploded with racist violence and the execution of cops. It has resulted in the burning down of businesses and homes. It has resulted in thousands of people being severely injured, including police officers.

As the son of a slain cop, I hold Don Lemon, Ashleigh Banfield, Solidad O'Brien, (and the rest of the CNN cop-haters) directly responsible for the executions of five Dallas Police Officers, three Baton Rouge police officers, and ... let's not forget New York Police Officers Liu and Ramos who were executed by a Black Lives Matter enthusiast while they were sitting in their police cruiser.

Shouldn't the news media, in particular CNN, be held to the same standard they hold everyone else? Shouldn't their labeling and stereotyping of cops have "consequences?

After all ...

"Words have consequences" ... right?

"Symbols have consequences" ... right?

What CNN has done is yell fire in a crowded theater.

At a time when Islamic terrorists are walking the streets, drug and gun gangs rule the inner cities, organized crime can out gun the cops, and the president taking away defensive military gear from the cops, we need to support the men and women of law enforcement now more than ever.

Because the next time someone breaks into your home, or tries to hurt your family, it won't be Black Lives Matter or CNN's Don Lemon, or Solidad O'Brien coming to save you. Whether you are black, or you are white, it will be the heroes of your local law enforcement agency coming to your rescue. And their lives matter.

Tom Duggan is the publisher of The Valley Patriot, CEO of Valley Patriot Inc., and is a 1990 Police Survivor. You can email him at valleypatriot@aol.com

NOTEBOOK FROM: PAGE 9

beat. In the years I have covered flag raisings in Lawrence I have never seen a group provide food on the common for those who attend. My suggestion to Mayor Rivera is to have two flag raisings, one on the day Puerto Rico was established and one for the day they became part of the U.S. That way I get to eat Puerto Rican food twice!

BAD WORDS VS BAD DEEDS - Here's what we have so in this presidential race ... we have one candidate who SAYS bad things, uses potty words, and hurts people's little feelings. We have another who DOES bad things, lies about it, and blames everyone else for her misdeeds. So, I ask you, what's worse someone who SAYS bad things? Or someone who DOES bad things? Because that's what it comes down to in November.

COMPETING PHILOSOPHIES – The Democratic Party and the news media on terrorism; "Just because people have a fear that doesn't mean that their fear is real." Now, the Democratic Party and the news media on Black Lives Matter; "Black people fear they are targeted by police, so we must do something to the police to stop it." Just saying.

OUR PRO POLICE RALLY IN METHUEN COULD NOT HAVE HAPPENED WITHOUT YOUR HELP

Last month we held a pro police rally at Methuen High School and it was a tremendous success. But, we could not have pulled it off without the help of everyone who pitched in. Rick Bellanti of Bell Aire Entertainment who usually charges 2-$3,000 for such an event, donated his services for free. Superintendent Judy Scannell helped by allowing us to use the high school. Methuen School Committee member Jana Dinatale took money out of her pocket and paid for the helium tank and balloons. Edgar Tranncoso from the band Prospect Hill sang the national anthem. Gerry Maguire the Veteran's services officer for Boxford and North Andover did the pledge of allegiance and explained its' meaning. Craig Floyd from the National Law Enforcement Officer's Memorial in DC sent along a personal message for the crowd, as did nationally syndicated radio host and Valley Patriot columnist, Jeff Katz. The Methuen Lions Club not only helped us to promote the event but their members attended. Carina Pappalardo and her children made a bunch of signs that say "We love our police". My assistant Maria Fiato live podcasted the event on Facebook. Jennifer Burns – LeBrasseur bought coffee for the officers and their families. Heav'nly Donuts on Pelham St. pitching in. Methuen Mayor Steve Zanni was very helpful by coordinating the location (though he wouldn't let us have slush!). And a very special thank you to the Motorcycle Clubs, The Blue Reapers and the Enforcers for providing internal security. Our friend Dan Strange for helping to organize. 980WCAP owner and retired Army Colonel Sam Poulten played taps for the fallen officers. I also want to thank the Methuen and Lawrence Cable access for covering the event and particularly, Jim Ross, for posting the video on line. Thank you as well to speakers, Becky Duggan Kruschwitz, Essex County Sheriff Frank Cousins, 980WCAP radio host John MacDonald, former state senator and 1978 police survivor Steve Panagiotakos, Methuen Police Chief Joe Solomon, North Andover Police Chief Charles Gray, Lawrence Police Chief Fitzpatrick, retired Woburn police officer Bob DiNapoli.

LOWELL- FREE CONCERTS AT THE ATHENIAN CORNER

Aug. 11th - Julie Kinscheck, Aug. 18th - Connie Diamond & Ralph Funaro. Aug. 25th - Alley Stoetzel & Mike Crucher. SEPT. 1st - Ron Desjardins. SEPT 8th - Big Daddy's Band.

ANDOVER, MA (July 12, 2016) – Over 120,000 individuals are living with Alzheimer's in Massachusetts. For decades, the Alzheimer's Association, Massachusetts/New Hampshire Chapter has provided these individuals and their families with support services such as their 24/7 telephone Helpline, care consultation and education programs at no cost. In an effort to raise awareness and funding for continued local support, the MA/NH Chapter has just announced its annual Walk to End Alzheimer's event in Andover on Sunday, September 18.

Registration for the Walk begins at 8:30 a.m., at Brickstone Square. Participants will have the opportunity to connect with local service providers and learn more about the programs and services the Alzheimer's Association provides. The Walk will include a 1-mile and 3-mile route. Online registration is open for the event.

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2016
NATIONAL
NIGHT OUT

National Night Out on Tower Hill in Lawrence

PHOTOS AND STORY BY RICKEY GONZALEZ
VALLEY PATRIOT REPORTER

LAWRENCE - National Night Out continues to bring the community together with those that protect and serve. They (who) come together under a united cause, to take back the streets and having fun in a safe environment. Keith Wlodyka, who organizes the event on Tower Hill each year, alongside The Tower Hill Neighborhood Association, did a tremendous job organizing the event. “This is a wonderful event . We are here to take back the night and take back our streets, it’s a positive event, we have police, fire, the wonderful neighbors, what a beautiful place tower hill is-“ Mayor Dan Rivera told The Valley Patriot. Lawrence Police Chief Fitzpatrick also attended the event. “These are great coming together with the community, coming out , having fun, seeing the kids, it’s a good time.”

“It’s an awesome night great time to meet the community its great,” Lawrence Fire Chief Moriarty added. Organizers made sure plenty of burgers and hot dogs were available to be enjoyed by all in attendance, as well as ensuring all the organizations present were properly set up so they could provide the Tower Hill neighbors with information and entertainment. Jurg and Linda Siegenthaler from Bread and Roses offered information on the Bread and Roses Heritage Festival which will take place on Labor Day. Wayne Hayes from Heal Lawrence explained to residents the importance of renters insurance, the importance of fire safety, and the hardships that could be avoided. Rocio Diaz from the YMCA conducted a raffle for a free 3 month membership.

Children played in a bounce house, ran sack races, and had their faces painted. It was refreshing to see members of the community cheer on as the police and firemen arrived at the reservoir on Tower Hill. All of the police officers and firemen said they had a great time walking around with ear to ear smiles as they were received with such joy by area residents. James Fitzpatrick the Chief of Police, and Brian Moriarty the Fire Chief, greeted everyone, played with kids, ate burgers and hot dogs, and had an all-around great time with their public. Many politicians were in attendance as well, including, Mayor Dan Rivera, Senator Barbara L’italien, State Representative Marcos Devers, and City Council President Kendrys Vasquez to name a few.

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The Valley Patriot
The Truth About Narcan

The fine ladies at Markey’s Lobster Pound in Seabrook say come on in for some fried clams and scallops ... and don’t forget to pick up your copy of The Valley Patriot while you are waiting. Above are: Ivila Licerda from Haverhill, Brianna Dneaton of Seabrook, and Jeanne Martin of Salisbury.

Cristy's Pizza
The Valley Patriot
The Truth About Narcan

The crew at Cristy’s Pizza at Salisbury Beach want to remind you that Cristy’s is the place to go for a couple of slices of delicious pizza, meat pie, or the best spinach pie north of Boston. Above are: David Sartori originaly from Brazil now living in Seabrook, Fred Albes originally from Brazil now living in Haverhill, and Mila Sultanova.

BAKED DINNERS
Brown's
CELTICS
The Valley Patriot
The Truth About Narcan

The crew at BROWNS say come on in and pick up a lobster while you are at the beach! And while you are at it, you can get your Valley Patriot to read at dinnertime! Pictured above are: Kyle Arsenau from Amesbury, Megan Moore of Seabrook, John Levins of Seabrook, Irna Bondreko from Belarus, and Adilet Kaliuly from Kazakhstan holding your lobster dinner and their copy of The Valley Patriot.

Photos from the Valley Patriot's Pro-Police Rally in Methuen

I LOVE AND SUPPORT OUR POLICE
BLUE LIVES MATTER
POLICE ♥ LAWRENCE OFFICER 28
I Support Police
WE ♥ our Police!
THANK YOU OFFICERS
Police Lives
BLUE LIVES MATTER
PROUD FAMILY OF POLICE
BLUE LIVES MATTER
WE ♥ Police!
TO PROTECT & TO SERVE
WE ♥
Thank YOU POLICE

Sugar and Spice, Not so Nice

Rick Bellanti
VALLEY PATRIOT EXERCISE GURU

As Def Leppard once said back in the 1980s, Pour Some Sugar on Me.

But that's about all I would do with sugar now, because I refuse to eat it.

The average American consumes approximately 152 pounds of sugar a year, roughly 22 teaspoonfuls a day (which is about 355 calories) Did you know according to the American Heart Association, the recommended amount of sugar is between six and nine teaspoons of sugar a day? When trying to avoid added sugars, watch for ingredients like raw sugar, high-fructose corn syrup, sucrose, and molasses. Added sugars are the worst ingredient in our diet, it has no nutritional value and can have harmful effects on your metabolism and of course can contribute to weight gain and other diseases.

Sugar is one of the leading contributors to obesity and people that consume more sugar are more likely to be overweight or obese. For a lot of people (me included) sugar and junk foods can become an addiction just like abusing drugs or alcohol. The more cookies, candy and donuts I ate, the more I wanted..., it was my happy place or so I thought. Sugar releases dopamine, the feel good chemical in the brain and there have been studies that suggest dopamine plays a role in impulse control and addiction. So when I'm on a diet and I hear someone say you can have anything you want "in moderation", I know it just doesn't work for people like me who are addicted to sweets because the only thing that I know will work is complete abstinence.

Right now there is an epidemic in America known as type 2 diabetes. It currently has afflicted about 27 million people, and another 86 million people have been diagnosed with pre diabetes. I was diagnosed with pre diabetes back in January 2015, I was very unhealthy and eating the wrong types of foods. I was addicted to sugary sport and energy drinks and getting little to no exercise. They say there is no cure for type 2 diabetes but I was able to reverse the diagnosed pre diabetes and I was taken off my medication by staying away from sweets and sugary drinks, following a program consisting of a protein based, nutrient dense diet with moderate exercise.

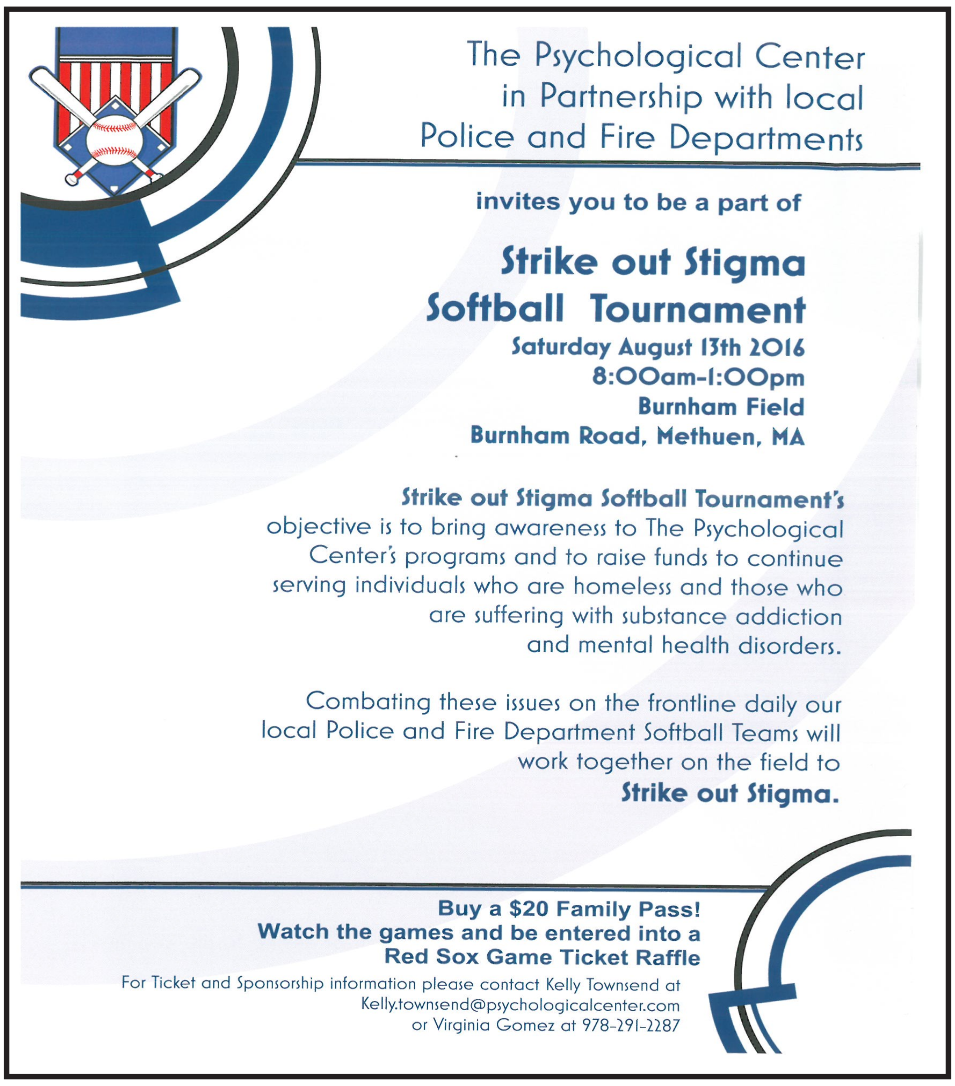
When reading food labels there's so much to learn, but today we are talking about sugar and sugar is listed as grams. 4 grams of sugar is equal to one teaspoon of sugar. Now get ready for an amazing fact: One 12oz can of regular soda has 32 grams of sugar... that's eight teaspoonfuls!

It is important to know that sugar alone does not cause type 2 diabetes but research has shown an association with sugar sweetened drinks and obesity a link to type 2 diabetes. Sodas, energy sport drinks, and juices are loaded with added sugars and even drinking just two servings of these types of drinks a day raises your risk of type 2 diabetes by 26%. Keep in mind most of these store bought energy drinks have two, sometimes three, servings in one container!

Sugars found in natural whole foods like fruits and vegetables provide essential nutrients for proper nutrition and as a bonus vitamin C, vitamin A and fiber, all needed for a healthy diet. Simple refined sugars, found in processed foods (not made by Mother Nature), are just a source of energy and have no nutritional value. Its job is to create a spike in blood sugar and then eventually a crash, which in turn, makes you crave more.

Avoid added sugars and processed foods, stick with fresh fruits and vegetables, and whole grains, drink lots of water and stay active. A healthy eating plan with low sugar consumption will lower your risk of heart disease, diabetes and other health conditions. Your body will thank you for it.

Rick Bellanti is a wellness columnist and is on a journey himself to lose 240lbs, and has lost 153 lbs since the start of 2015. If you have any questions or comments, please post them to his Getting Healthy with Rick Bellanti Facebook page and once a month he will address a few of the topics here



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The *PULSE!*

We Must Stand With Our Police

John MacDonald
VALLEY PATRIOT LOWELL COLUMNIST

On Wednesday, July 20th I was honored that my friend, Valley Patriot publisher, Tom Duggan, asked me to speak at the Pro Police Rally at Methuen High School.

Tom had mentioned my involvement with Veterans Assisting Veterans (VAV), which is a 501 C3 nonprofit, 100% volunteer organization that helps local veterans. He also mentioned the work that VAV does to help law enforcement veterans with PTSD through a program at Ironstone Farm in Andover.

VAV is an organization I am extremely fortunate to be part of as the board of directors and honorary board of directors (which Tom Duggan is part of) is committed to being 100% volunteer, which means no one receives compensation on the board, nor do volunteers. Tom knew of my view on the world and why VAV and our mission matters to me. After speaking at Tom's first Pro Police Rally in Lowell in 2015, Tom called and asked if I would speak again this year in Methuen.

Below is the address I delivered. As an American, and a United States Air Force Veteran, I felt compelled to leave no stone unturned in my speech. I wanted law enforcement to know how much I appreciated them, citizens to know that they needed to speak out with me and elected leaders to know how I felt about the atmosphere in our country and that things needed to change.

I was inspired to see 350 plus people show at the rally, but it wasn't nearly enough. Please send Tom Duggan feedback and let both of us know where you stand. Here is my address. God bless you all….

***

First, I'd like to say thank you to our policing community. I'd also like to express my deepest sympathies to all the families of fallen police officers, especially those who have had to endure the recent tragic events in Dallas and Baton Rouge.

I am proud once again to stand with all of you. Here once again at a second pro police rally to show my support for our men and woman in blue. I am proud to stand with police officers and police departments throughout Massachusetts and all over the United States of America.

I never thought after the first pro police rally we held, a year and a half ago that things would be getting worse in this country, instead of better.

I never envisioned that our commander in chief would double down on his anti-police rhetoric. I never envisioned some of our federally elected leaders would continue to stand in the way of law enforcement, that they would fan the flames of division and openly support denying police access to military grade equipment.

I never envisioned that we'd see terror attacks here on the homeland increase or that our elected officials in the highest offices in the land would say to their fellow American's "that this is the new normal"!

I never envisioned that race relations would get worse instead of better. I never envisioned that our police would be used as scapegoats or that they would be attacked and killed on American streets by anarchists and terrorists.

I never envisioned that our choices for who will lead this country, would be so starkly different or so devastatingly serious. Folks we need pro law enforcement leaders. We need leaders who will stand for law and order!

It's time for all of us here… to not only stand with our police, but to stand together as patriots. No longer can we afford to have American's quietly sitting on the sidelines hoping that things will get better. Or hoping that someone else will stand up and speak out for them. Like the ride of Paul Revere… I am calling my fellow citizens to action!

It's time for the silent majority that believes in the rule of law… to speak out! It's time for those who believe that the police officer is the invaluable thread… that keeps our American fabric sewn together… it's time for you to speak out!

It's time for those who believe that the American Police Officer is the lining in the blanket of freedom… that allows our daughters and sons to sleep warm and safe at night… it's time for your voices to be heard… loudly.

It's time for the American Citizen to stand side by side, with the American police officer. The police that protect us from those who wish to do us harm, while risking their own lives... It's time for you and I to be heard. It's time to start now!

We the American people… also have to recognize that there is a segment of our own fellow citizens that need help. A segment that feels they are denied respect. We have to help people who live in poor inner city neighborhoods. We have to elect public officials that are going to roll up their sleeves, support education, help find employment and inspire those who have been left behind.

We need leaders that are going to demand that kids be taught in the classroom… on who the police are, what they stand for, the value they have to our community and how to act when you are pulled over or asked questions by the police.

We have to help those adults that feel the police are against them and feel the rest of us are against them. We can no longer ignore the pleads from inner city mothers that want safe neighborhoods for their children. We can no longer sit quietly when an inner city father abandons his own child. We cannot ignore black on black murders… or think that this problem will go away by itself.

We can no longer ignore a culture that lives amongst us… that feel that the rest of the country doesn't care about them.

We can no longer allow the false narrative to go on that the police are their enemy. The inner city communities have to know… that the police have been protecting them, are still protecting them and will continue to protect them.

Because folks… Inner city Baltimore and Chicago where people are being murdered in the streets… is just as much America as Andover or Methuen Massachusetts, where most people sleep soundly and are safe.

Resisting arrest, rioting, looting and shooting at police officers is evil. Pure and simple. Any civilized group that protests should show their anger or prove their point… peacefully!

All lives matter my friends! And Blue lives matter!

Blue lives matter, because the police officers are the ones who move towards harms' way, while the rest of us have the luxury of running away.

Blue lives matter, because they willingly enforce the law and help protect… all of our lives. They protect black lives, white lives and all lives!

In these times of terror… It's the blue lives that are our first line of defense here on American streets. As Radical Islamic terrorists plan their next attacks… they must know that we stand against them and that we stand with our police officers.

George Washington once said… "The thing that separates the American Christian

POLICE: NEXT PAGE

IN THE GROOVE with Cindy Annis

BILL HALEY AND HIS COMETS

Everyone knows Bill Haley and His Comets were a smash sensational group back in the 1950's, but who know anything about the man, Bill Haley. Let's do some digging.

Born July 6, 1925, William John Clifton Haley came to the world in Highland Park, Michigan. He was having an ear operation when he was 4 years old, and the doctor accidentally cut the optic nerve for his left eye. He would never see with his left eye again. When Bill was about seven years old, his father moved the family to Boothwyn, Pennsylvania. The move was in part because of the damage done by the Great Depression.

Bill's father was William Albert Haley, out of Kentucky. He played some strings and sang a little. His mom, Maude Green was from England and was accomplished on keyboard. Bill was fond of telling the story of when he made a cardboard guitar,when he was a kid, that his folks went out and bought him a real one.

Bill was just a teen when he got his first real gig. He was asked to play at the local auction at a buck a night. What thirteen-year-old would pass up a shot like that? That got him going and he put together a few other kids and formed his first group. They did manage to do quite a few local gigs, too.

Something else most people don't know about Bill Haley is that he was once called Silver Yodeling Bill Haley. After he left home at about 15 years old, he learned lots of things, like how to get by with no money. How to survive on one meal a day, but also how to get involved with bands and groups as they came through town that he was in. He learned how to yodel and would do this for many groups as a back-up singer.

Bill worked at WPWA Radio, in Chester, Pennsylvania and was the music director for about 6 years. He also was the lead for his own band while he did radio. They were known as the Saddlemen doing a fair amount of heavy western type music. On June 14, 1951 they made their first recording. They did a cover of Rocket 88 at Ed Wilson's Keystone Records, in Philly.

Ok. That's Bill and the Saddlemen. Now let's get into The Comets. Bill was doing his thing at WAPA Radio while Bob Johnson took over music production. Bill's show was noon till one. A beer sponsor wanted to advertise on Bill's show but only if it was extended a couple more hours. What owner wouldn't do that. In 1952 Bob Johnson suggested the Saddlemen change their name to Bill Haley with Haley's Comets. In just one year they came out with their recording of Crazy Man, Crazy. This put the band on national radio and this was the 1st Rock & Roll song to hit the American Charts at #15 on Billboard and #11 on Cash Box. They changed their name again, shortening it to Bill Haley and His Comets. To talk about his music and accolades you would need a book, we have a column.

Rock Around the Clock originally came out with some enthusiasm hitting #23 on the charts. It hung around for a couple weeks. About 5 weeks later, it came back on the charts at #1. That was in 1953. Soon after that one, Shake Rattle & Roll hit the charts. This was the 1st Rock & Roll song to chart on the British singles charts. This was December of 1954. Like I said, though, we could go on and on about the music.

Later in life while getting ready to tour Germany, a German newspaper said that Bill Haley had a tumor in the brain. Bill and the doctors all confirmed this. However, this was not the fact. Bill's drinking was out of control. To go along with his depression from the drinking, the sales on the tickets for the Germany Tour were going very poorly. This tumor story would get him out of the tour. To make a longer story shorter, the booze had taken over most of his life.

Then there were real brain problems that put him in the hospital. The doctors said his brain was producing too much adrenaline and he would need to go on medications. He had all but stopped eating at this point and when he took his meds one night and went to bed, he didn't get up again. It was said he died of natural causes like a heart attack, but it didn't say what might have brought it on. We all lost Bill Haley on February 9, 1981.

Again with the accolades, Bill was inducted into the Rock & Roll Hall of Fame in 1987 where his son represented him and so many more than we can list here. I hope you enjoyed this one as much as I enjoyed writing it.

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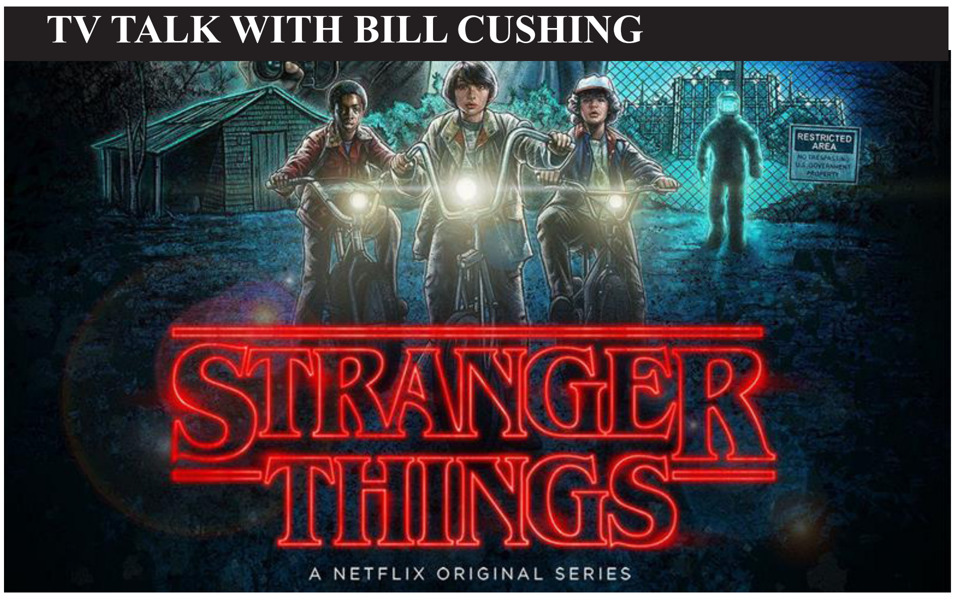
TV TALK WITH BILL CUSHING



Netflix's "Stranger Things" is Spooky, Nostalgic Fun

Bill Cushing
VALLEY PATRIOT TV COLUMNIST

If Steven Spielberg and Stephen King got together in the 80's and made a movie it would be Netflix newest series. "Stranger Things" is an immensely entertaining new series that's a little bit Spielberg, a little bit King, and a whole lot of creepy binge-able goodness.

"Stranger Things" is set in 1983 and centers on a group of kids in the small Indiana town of Hawkins as they search for their friend Will (Noah Schnapp), who vanished as he rode his bike home one night. While trying to find their friend, Mike (Finn Wolfhard), Dustin (Gaten Matarazzo) and Lucas (Caleb McLaughlin) meet a young girl Millie Bobby Brown) with some strange abilities who appears to know what happened to Will. She only knows her name as Eleven from a tattoo on her arm. The boys hide Eleven in Mike's basement and she gradually learns by their example what friendship and loyalty mean.

I don't want to go too much further into the plot. Knowing too much about the story before watching it would spoil it for viewers.

Those of us who grew up in the 80's and remember films like E.T, The Goonies, Stand By Me, Poltergeist, and Close Encounters of the Third Kind will think we're watching a film from that era and will see many scenes in "Stranger Things" that were inspired by those films and many others from that time.

Stephen King fans will also see many inspirations, not the least of which is the "Stranger Things" title font which is exactly the same as the font that used to adorn the covers of King's books in the '80s, but also from King stories like IT and The Body (which became the film Stand By Me).

The entire cast is excellent. Winona Ryder plays the mom of the missing child. She does a great job playing the frantic mom who refuses to give up hope, even going so far as to put her faith in the unexplainable. But it's the child actors that really steal the show. They mesh very well together and make the viewer believe that they're best friends. They are the main focus of the series and without their believable performances "Stranger Things" just wouldn't be as good.

"Stranger Things" was written and created by Matt and Ross Duffer, better known as the Duffer Brothers. Most likely, you've never heard of them before. The twin brothers are in their 20s and are just starting to make their mark in Hollywood, most notably writing a few episodes of the first season of FOX's creepy 'Wayward Pines.' You'll surely be hearing a lot more about them in the years to come.

So if you're longing for something that gives you the feel of those great summer movies you remember, "Stranger Things" is for you. You'll have a lot of fun with this one.

Do you have any questions about TV? Email me at BillsTVTalk@gmail.com. I will answer all of your questions and will feature some of the questions I receive in a future column.

Follow Bill on Twitter @BillsTVTalk and on Facebook at Bills TV Talk for daily up-to-the-minute TV news and discussion.

POLICE: FROM PREVIOUS PAGE

from every other person on earth is the fact that he would rather die on his feet, than live on his knees."

Folks, we will not bow to terrorism. We will not bow to domestic anarchists that will openly disavow our police and wish to harm them. We will not bow to those who wish to destroy our country foreign and domestic!

Folks, this is a time for strength. This isn't the time to ignore those who put political correctness over our safety and the safety of our men and woman in blue.

It's time to speak out against the political correctness that is destroying our communities and country. It's time to speak out against those who will tell you that it's ok for some people to be racist and other's not.

Here's a message…All racism is bad… Al Sharpton. Our police lives are just as important as black lives… Mr. President!

And no… "black lives matter" is not a civil rights movement. All lives matter and everyone's civil rights matter… including the civil rights of our police officers!

So finally I leave you my friends with a quote from a person I have always admired. Dr. Martin Luther King, Jr.

Dr. King once said "Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."God bless you all. God bless our police officers! God bless the United States of America!

John MacDonald is the CEO of Big Decisions LLC and hosts Jmac and the Bear and The Pulse on 980WCAP radio.

Last Two Weekends of Formal Session Produce Results

Rep. Linda Dean Capbell
MASSACHUSETTS STATE REPRESENTATIVE

Working around the Republican and Democratic Conventions, the Legislature concluded the formal session sending important Legislation to Governor Baker.

Energy

The most important bill sent to the Governor's desk was a comprehensive energy bill years in the making. Many of the provisions of this bill will not take effect for a few years, but will signal to the rest of the Country, and investors, that Massachusetts is committed to leading the nation in the development of alternative energy. It will require utilities in the future to contract for more hydro and wind power (the largest procurement in the nation) and promote the development of fuel cells and other storage mechanisms so needed in this industry. This legislation is absolutely necessary for us, as Massachusetts consumers, as we currently have some of the highest utility bills in the Country. This legislation also begins to address the safety issue of fixing gas pipeline leaks.

Pay Equity

As a co-sponsor, I am pleased that Governor Baker is signing the Pay Equity Bill into law. This was made possible because of the Legislature's collaboration with the Massachusetts business community. It will allow businesses to promote and pay according to merit, as they do now. It will require them, however, not to discriminate based on gender alone, and protect employees for being fired for discussing their pay with co-workers. This legislation is important because women in Massachusetts earn 82 cents for every dollar men earn and this is a critical problem for struggling working families because women make up 40% of primary breadwinners for families with children under the age of 18.

Economic Development and Entrepreneurship.

This bill is a priority for the Governor Baker and provides a number of new incentives to businesses to ensure that job growth is shared throughout that state and requires investments in job training. In particular, I was very supportive of new funding for technical assistance and financing for development projects in Gateway Cities like Methuen and Haverhill.

Uber and Lyft: These companies allow you to get a ride at the touch of a button on a smartphone. This innovative new industry is creating new jobs and provides a low cost option for transportation in the state's major urban areas. The result of extensive deliberation with taxicab drivers, public safety experts, and drivers and passengers for these new companies is a compromise bill. An extensive two pronged background check system is put in place by the State and the industry to provide public safety checks and to evaluate new drivers. Taxation is implemented and phased out to level the playing field for taxies, while encouraging the continued development of this innovative industry.

Municipal Government and Finance:

This past Legislative session, Lt. Governor Polito traveled the state producing an outstanding list of reforms to outdated laws and rules that dictate local government. The legislature used those ideas to pass a bill that would empower localities by helping with everything from municipal bonding procedures to handling construction procurement. It will allow communities to invest more quickly in important projects approved by locally elected officials.

JOHN F. KENNEDY
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A new team member joins the office of Representative Linda Dean Campbell as the new Communications and Constituent Relations Director. Kathryn Laverriere, a resident of Methuen, is a recent graduate of a Master's Degree in Public Administration from UMass Boston, and a graduate of Merrimack College. You can reach her at Kathryn.Laverriere@mahouse.gov or 617.722.2430.

State Representative Linda Dean Campbell, 15 the Essex, serves as Vice Chair of Public Safety and on the Committee on Ways and Means. She can be reached at 617.722.2430/linda.Campbell@MAhouse.gov or 978.989.0722/representative.linda.campbell@gmail.com www.statereplindacampbell.com

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Eric Cerullo, Police Officer of the Month

Lawrence Police Officer Eric Cerullo was recognized by Mayor Daniel Rivera and Police Chief James Fitzpatrick as Officer of the Month for July as a result of his exemplary job performance in his duties to the City of Lawrence. "I am proud of the work that Officer Cerullo does for our Police Department," said Mayor Daniel Rivera. "Officer Cerullo's actions set an example of the hard work our officers do on a daily basis to keep our community safe, and I am thankful to have his professionalism and expertise on our force."

Officer Cerullo was awarded Officer of the Month for July as a result of his fast acting in driving an ambulance to the hospital for EMT's that needed to focus on a gunshot victim. Officer Cerullo volunteered to drive the ambulance when he realized the victim needed immediate and substantial medical treatment. "Had Officer Cerullo not acted as quickly as he did, the victim may not have survived his injuries," said Police Chief James Fitzpatrick. "The professionalism that Officer Cerullo displayed is an example of the caliber of policing the community can expect from the Lawrence Police Department."

Former Kane School Gym Site becomes Recreational Complex

Lawrence Mayor Dan Rivera unveiled a $400,000 Recreational Complex that now occupies the former Kane School Gym site in South Lawrence.

Rivera unveiled the project with Melissa Cryan of the Executive Office of Energy and Environmental Affairs, Community Development Director Jim Barnes, State Senator Barbara L'Italien, State Representative Frank Moran, State Representative Marcos Devers and State Representative Diana DiZoglio

"This site was an eye-sore for decades," said Mayor Rivera. "This grant transformed it into a field that our youth can use for sports and it increases the South Lawrence East neighborhood's quality of life. I thank Governor Baker's Administration as well as the previous Administration for these funds and their efforts and support in Making Lawrence Better."

The funding for the Recreational Complex came from a Parkland and Acquisitions and Renovations Communities (PARC) grant from the Commonwealth of Massachusetts Executive Office of Energy and Environmental Affairs. The long neglected 3.29 acre field known as the former Kane School Gym Site was transformed into a full size rectangular sports field that can be utilized for soccer and other activities. The recreational complex also has a walking path one third of a mile long that will provide residents with a safe place to walk with friends and neighbors.

"This is a wonderful investment by the state to help the City of Lawrence transform a long-neglected and deteriorated property into a recreational asset for neighborhood children and adults," said Sen. Barbara L'Italien.

"I am honored to stand beside my colleagues at the State level as we celebrate another park opening in the City of Lawrence," said State Representative Marcos Devers. "These open spaces are crucial to ensuring that our children have a safe place to play that simultaneously keeps them engaged in positive activities."

"I am thrilled to join my colleagues of the Lawrence delegation in celebrating the completion of construction on a new recreational complex on the old Kane School Gym site," said State Representative Diana DiZoglio . "

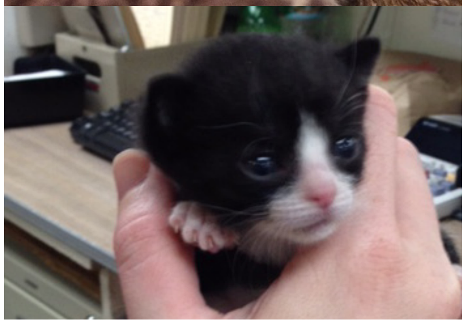
Lynn Police Officer Dave Fitzgerald had his last roll call last month after 31 years of service. In the photo from left to right is Chief Kevin Coppinger, Officer David Fitzgerald and Lt. Glenn Dunnigan. We wish Officer Fitzgerald the best of luck in his retirement.

Robin's Kitty Corner

Kitten Rescue

Robin Desmet

VALLEY PATRIOT KITTY COLUMNIST



It was a Saturday afternoon in the spring and I was working at the pharmacy. It had been a busy morning, but the afternoon was relatively quiet. All of a sudden, all Hell broke loose. A Lawrence police cruiser pulled up outside the pharmacy and stopped in the middle of the road. Traffic on Parker Street came to a halt. A young woman came running through the front door. She was screaming. "Somebody help! I need a box!"

I knew instantly what that meant. Animal on the loose. I ran and grabbed an empty box. I met the police officer at the front door where he held aloft a scratching, biting, hissing ball of fur that was about 3 weeks old. Lucky for that kitten, the police officer didn't let go. We named the kitten Parker.

A few weeks later, I was stretched out on the ground in a back yard in Lawrence looking under a Lincoln Continental. Jenn Taris, my friend who volunteers with the MSPCA, was on the ground on the other side. The kitten was beneath the car, dead center and out of reach. I knew if it came running out from beneath the car that I would not be fast enough to catch it. I catch all my cats with traps. I also knew that Jenn could pull a biting feral kitten out of the grass with her bare hands. If that kitten ran her way, she could catch it.

I looked around quickly and noticed a broom lying in the grass. I told Jenn that I would use the broom to nudge the kitten her way. I carefully pushed the broom towards the kitten. Suddenly, the kitten disappeared. It didn't come my way, and it didn't go Jenn's way. We began searching every inch of that car. We searched the wheel wells, the undercarriage, and the interior. No kitten.

Jenn got under the car----not easy considering all 4 tires were flat. I heard her say "I see it." I grabbed the cat carrier. I'm good at holding the carrier. A moment later Jenn said "I got it." That kitten had climbed way up into the engine of that Lincoln Continental. Jenn was able to reach into the engine and save that kitten. And yes, we name him Lincoln.

The next day, with the help of Kelly Garon, my friend and coworker, a second kitten was rescued. We popped the hood of that Lincoln and with the vehicle's owner looking on, Kelly crawled under the car and pulled another kitten out from the engine while I blocked his exit from the top. We decided his name should be Lincoln as well.

These are a couple of the happy stories. All 3 of these kittens were adopted into good homes, but, many of the kittens that are born outside actually never get rescued. Many do not even survive. They are born into harsh conditions to Mothers that are very young and underweight. They spend their lives dodging traffic, and searching for food, shelter, and water. They face extreme temperatures and predators. Injuries and infections lead to suffering and death because they have no veterinary care.

In addition to all of the above challenges, if these kittens are to be rescued, they must be found when they are young. Kittens that are born outside to feral Mothers will become feral themselves. Kittens need to be socialized, or tamed, in order to be comfortable with people. An unsocialized kitten will look cute playing in the yard, but will be very difficult to capture, and will hiss and run away from people. After 12 -16 weeks, it becomes increasingly difficult to turn a hissing kitten into a snuggly pet. It takes time, expertise, and patience on the part of the caretaker. It is a big commitment.

So while kitten rescue is very rewarding, it is also very challenging and quite difficult. Oftentimes the window for socialization is missed and this leads to more unwanted feral cats on the streets and in the alleys. If you see kittens in your back yard, around your dumpsters at work, or anywhere they don't belong, please report it to your local animal rescue organization. A better solution to kitten rescue is prevention. This is why I participate in TNR (Trap-Neuter-Return) with the MSPCA and also why I am a big proponent of spaying and neutering of all household pets.

Note: I do not enter any yard without permission from the resident and all trapping is done humanely.

If you have any questions, please E-mail me at: Robinjd@comcast.net

Paula's Journey for Hope
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SEE HER STORY ON PAGE 31

TEEN TALK with ANA DEBERNARDO

Ana DeBernardo
VALLEY PATRIOT TEEN COLUMNIST

Situations kept under our own control tend to be much more satisfying than the ones which we have no power over. Something about the freedom in decision-making or even the simple power to dominate certain aspects of your day can transform any trivial chore into a critical task. Even if you have a clear sense of what is right and what is wrong, there are still times when having the option to choose between the two is somewhat liberating. Though you may ultimately vie for the moral route, the mere possibility of choosing otherwise provides a certain sense of independence and exhilaration to a person.

Everyone has heard the eons-old debate that questions whether or not human beings are inherently moral, or if morality is merely a result of one's personal upbringing. Some say morality is determined by breeding habits and surroundings, and this is true to some extent. But I think everyone can agree that we all share an intrinsic ability to decipher how a situation ought to be handled. We may not fully understand the reasoning behind that minuscule tugging feeling that informs our subconscience, but its lingering presence and conveniently timed appearance during decision-making, is evidence that human beings come packaged with a moral compass included.

This natural inclination towards the straight and narrow sets man apart from all other members of creation. Our consequent obligation to respond to truth, once recognized, allows us to carve our own paths through our intellect and our ability to distinguish between good and bad. Unfortunately, this very aspect of human nature that elevates us above all other earthly creatures is the same flaw that drives mankind to its downfall. Because independent of this innate ability to distinguish between right and wrong, free will can ultimately trump that little voice of truth in our mind. Free will makes it possible for us to choose the good that our intellect enables us to understand. Even so, there is something very attractive to the human mind in an act of rebellion. Maybe that's why teenagers are so prone to challenging authorities and scheming their way into trouble, and why adults are so intimidated by this infamous stage of a child's life.

In today's culture, there are many hurdles that obstruct our views of truth. Young people in particular are inundated with messages that encourage a "relativistic" view of morality. This idea of relativism is dangerous because it determines relevant values based on superficial standards, and as a result, they are not always universally applicable. Recent generations have been trained to develop "Me-Myself-&-I" mindsets. Kids have been brainwashed into believing that instantaneous results are capable of satisfying any desire when in reality, these can only be satiated by the tougher decisions with more time-consuming results.

Nevertheless, true freedom does not extend itself to our own self-made precedents. Though we are free to decide BETWEEN right and wrong, we cannot constitute what IS right and wrong. This idea of relative truth that varies from one individual to the next is in essence, a mockery to the liberty bestowed on us by our Creator. Deviation from the moral law is altogether detrimental to man. More than being a violation of his own freedom, immorality disrupts communal fellowship and ultimately imprisons man within himself.

A community is most benefitted when all of its members can exhibit this clean display of freedom. Thus, our responsibility to lead a moral life extends beyond ourselves. The potential effects our actions could have on a fellow member of society must also be taken into account when making decisions. Freedom is essentially the capacity to refuse what is morally bad for the sake of the common good.

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FROM ISRAEL TO THE VALLEY PATRIOT

The Arab World Has an Empathy Problem

Forest Rain
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Yes. I said it.

Don't jump on me, hear me out. This is not about being derogatory to an entire culture, this is about a little discussed but very dangerous trend that is effecting the entire world.

Yes. This is a generalization. Again – this is NOT about individuals, it's about a culture.

To clarify (because many people find this confusing):

Not all Arabs are Muslim, there are Arab Christians too. In addition, not all Muslims are Arabs; for example the Muslims in Iran, Indonesia and Africa (who are converts to Islam). Arab culture stems from Islamic domination but is not consigned only to people of Muslim faith. There is an empathy problem in the Arab world. People of Arab descent raised in Western cultures will have more difficulty identifying with what I am writing. Looking to the Middle East (and ideology exported from the Middle East) things become more clear.

Empathy: the ability to understand and share the feelings of another. To be moved by the joy of another, to feel someone else's pain. A word seldom used, an idea seldom discussed… where does empathy come from? What happens when it is missing?

Nature abhors a vacuum. Where there is a lack of empathy, something else will enter the void and take its place.

In recent years it has become impossible to ignore the violence that seems to permeate the Arab world. 9/11, 7/7 and an ever increasing list of terror attacks have brought Arab violence in to focus: violence against women, animals, gays and the handicapped – violence against anyone weak. 'Honor killings,' fathers killing their own daughters, sons killing their own mothers in the name of 'honor'. Violence against Christians, Jews… Muslims killing Muslims that are not the right kind of Muslim. Muslims killing Muslims, killing their own neighbors. Trading in slaves. Terrorism: Muslim Brotherhood, Hamas, Al Qaeda, ISIS, Jabat Al Nusra, Boko Haram, Al Shabab, Hezbollah, Hizbut Tahrir… Did I miss anyone?

Even the most politically correct amongst us have difficulty explaining it away: "its workplace violence," "because poverty," "because Israel." None of these often postulated "reasons" stand up under scrutiny. Others, knowing there is no excusing the inexcusable, often go to the other extreme, saying that the solution is to ban all Arabs (i.e. all Muslims). There are those who add all kinds of unhelpful descriptions, the most popular being "monsters" and "in-human animals".

None of this does any good. In fact it is exactly the opposite: BOTH attitudes create a lot of damage. Turning a blind eye to atrocities does not make them go away. Defining people as monsters is equally damaging. Monsters can only be expected to behave in a monstrous fashion.

The true horror is that we are talking about people. It is people that are hurting other people (and animals) in atrocious, sickening ways.

The real question is: how can people commit acts of unspeakable violence and cruelty?

And the very politically incorrect but oh so crucial question: Why are atrocious acts so common in Arab society?

How could 17 year old, Muhammad Tarayra, sneak in to Hallel Yaffa Ariel's bedroom, look at the sleeping 13 year old and think it reasonable, even honorable, to slit her throat? How could his mother declare that she is proud that her son is a murderer?

How? Why?

It is not enough to say: "hatred flamed by incitement". There is something sacred about the life of a person. It takes an enormous void, a deep darkness inside to get to the point where it feels right to take the life of a child. Something is terribly wrong with the mother that rejoices in the death of her son, rejoices that he ripped away the life of someone else's child.

Neither saw Hallel as a person. To them, no life is sacred. Not hers or their own. There is no horror in slaughtering a child in her own bed. That was only a means

EMPATHY: PAGE 29

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KNOW YOUR BODY

The Brewing Crisis in Health Care, Part II-Nurses!

Frank MacMillan, MD*
VALLEY PATRIOT MEDICAL COLUMNIST

(*Erica MacMillan contributed to this column.)

Writing from the perspective of a practicing medical doctor, I have had 21 years with the MD credential after my name, and have had the good, the bad and the ugly that goes with it. Understanding that I live in a world that is privileged, I am not going to be one to complain about the troubles that my profession is dealing with, but from the perspective of a human being who is also aging and threatened by health issues like everyone else, I want you to be aware of some of the issues looming.

I am one of the remaining doctors who still spends a lot of time seeing patients at the local hospitals. On a daily basis, I depend upon other non-physician professionals to provide health care services to people. Most of those professionals are nurses. Nurses perform a variety of different roles within the world of health care. The most highly trained are the advanced practice nurses (nurse practitioners, nurse anesthetists, nurse midwives), who function in teams with physicians to provide direct health care services. The BSN-RN or bachelor-prepared nurses are nursing providers who perform most of the services that we identify with nursing care including ICU and Emergency care, as well as manage complex infusions, ventilators and care usually called advanced life support. The most common nurses in other settings are the Registered Nurses with an Associate degree (ASN-RN). The ASN-RN usually has a two year degree and more "skill-based" training, as opposed to the "research-based" training that the BSN-RN's have. The LPN or licensed practical nurse, may train for 12 or more months. You will find LPNs often in a physician office setting or a skilled nursing facility. They also work in hospitals, but have a more limited scope of practice. All of these providers have "nurse" as their title, but their roles are more precisely defined by their level of education, which is not always apparent to the patient being treated.

There is a real and worsening shortage in nursing care in the United States, and this is a very under-reported and unappreciated story that will affect us and our loved ones. The causes of this shortage are many. One is a lack of nursing educators, because real nurses are required to teach nursing students. Nurse instructors will generally require a Masters Degree at a minimum, and they take a significant paycut when they perform education duties, compared with direct patient care. For a nursing program to maintain accreditation there must be minimum number of Masters, PhD and DNP (Doctor of Nursing Practice) nurse educators as faculty. The second issue is the availability of hospital training slots for prospective nursing students. Clinical sites can only take so many nurses on a clinical floor. Hospitals typically balance and try to accommodate students from multiple schools of nursing.

This creates a natural cap on the number of nursing students a school can place into clinical rotations for mandated experience and training. Thirdly, because of increased technology, nurses are spread more thinly. Remote monitoring of patients through telemetry and other automatic technologies allows a nurse to take care of a greater number of individual patients through real-time monitoring, but has the downside of less individualized care. It also makes it seem that patients are better attended to. The promise of technology may be undermining the humanizing care provided by these dedicated professionals and mask the shortage of these skilled men and women. Lastly, there is the revolution occurring in computerized medical records in the outpatient and hospital settings. Although billed as a major improvement in safety and quality, the real world experience is mixed. The number of hours in the day dedicated to patient care now competes with the necessary documentation that nursing staff must do in order for their employers to be paid by government and third party payers for the services that they render.

More recently, hospitals are requiring that their ASN-RNs pursue Bachelor level credentials because accreditation organizations are requiring more attention to "evidence–based practice." What this really means is that our two year RNs are becoming obsolete because research-based training is now deemed necessary for comprehensive patient care. Hospital systems are essentially phasing out current ASN-RNs because of the lack of research training. New hires are being required to upgrade their credentials within a certain time-frame, and some existing ASN-RNs are being required to obtain additional education or lose their jobs. People do not choose the ASN-RN to shorten their pathway to a good job. Often these graduates are from community college backgrounds or there were not enough BSN slots to accommodate them. Their bedside skills and clinical acumen are often at an equivalent level to the BSN-RN with regard to direct patient care. In my opinion, they are being placed at a disadvantage that is undeserved, and are put in a financial bind, midcareer, to acquire additional education credentials to keep their jobs which marginally add to their ability to provide excellent direct patient care.

To get back to the original point, similar things are burning out both physicians and nurses. We are all dedicated to providing the best of care to you and your families. We are in the perfect storm of a demographic bubble where more people than ever are requiring care, and there are major revolutions in how we provide that care. More regulations and mandated changes are resulting in fewer doctors and fewer nurses available to provide the needed care. How we navigate the existing shortage of both doctors and nurses should be the most important priority of health care reform. As it turns out, recent iterations of so called health care reform are focused on mostly documenting and "quality" reporting.

We all know that what gets paid for is what gets done, and all of those reporting mandates are being loaded onto our nurses and physicians taking care of us. Since the great recession, our government has not "let a good crisis go to waste," and has used its newly won powers to control payment for health care services, but now conditioned on mandated government reporting. Fewer nurses are caring for more patients, but are also being burdened with new mandated education and documentation requirements.

In my 21 years of being a medical doctor, I cannot remember hearing so many of my nursing colleagues confess that their

NURSES: PAGE 27

Governor Baker Betrayed Whistleblowers Just Like World Anti-Doping Agency

Bharani Padmanabhan, MD, PhD
MEDICAL CORRUPTION COLUMNIST

The New York Times reported that Russian athlete Darya Pishchalnikova begged the US-taxpayer-funded World Anti-Doping Agency back in 2012 to consider her 'precise and detailed' evidence for systematic doping in Russian athletics. Not only did WADA refuse, it sent her complaint on to the very same Russian officials Pishchalnikova identified and accused of systemic corruption and lawlessness.

http://www.nytimes.com/2016/06/16/sports/olympics/world-anti-doping-agency-russia-cheating.html?_r=0

One can only imagine the horror felt by that poor athlete who expected active supervision instead of being betrayed to the very same criminals she reported to WADA. Those same officials promptly hit her with a 10-year ban. No Olympics, no money, no friends.

I was reminded of this egregious betrayal when I learnt last week that Dr. Michael Langan had reported Attorney Debra Stoller to Governor Charlie Baker's team.

VP readers may recall Atty. Stoller from Tom Duggan's excellent report about what Gov. Baker needs to know about the Board of Registration in Medicine.

http://valleypatriot.com/paying-attention-a-day-at-the-board-of-medicine-and-what-gov-baker-needs-to-know/

Dr. Langan presented Gov. Baker with precise evidence of tampering with forensic lab samples by Atty. Stoller, the Board and subcontractor PHS. Tampering with forensic lab samples is obstruction of justice and severely violated Dr. Langan's human rights by blocking him wrongly from earning a living, supporting his family and avoiding homelessness.

And what did Gov. Baker's team do with Dr. Langan's report and precise evidence? They called Atty. Stoller, reported Dr. Langan to her and sent on to her the evidence that he had provided in confidence to Gov. Baker.

Gov. Baker did to Dr. Langan exactly, and I mean exactly, what WADA did to Pishchalnikova. No pro-corruption apologist can claim otherwise.

Dr. Langan's clear mistake of course was in assuming Gov. Charlie Baker cares about active supervision over corrupt executive agencies, just as Pishchalnikova was mistaken in assuming WADA would act against systematic doping.

I personally met Gov. Charlie Baker three times and begged him to exert active supervision over the Board of Registration in Medicine as required by the United States Supreme Court. Three times Gov. Baker personally refused to my face. Zero plausible deniability here.

Prior to Rio the IOC claims it is committed to combating systematic doping though it still uses the term whistle-blower within quotation marks.

"Mrs. Stepanova is basing her request on her role as "whistle-blower" with regard to the manipulation of the anti-doping system and corruption involving the WADA-accredited Moscow Anti-Doping Laboratory, the All-Russia Athletic Federation (ARAF) and the IAAF."

https://www.olympic.org/news/decision-of-the-ioc-executive-board-concerning-the-participation-of-russian-athletes-in-the-olympic-games-rio-2016

Gov. Charlie Baker hasn't issued even this lukewarm response, nor should one expect it. He has made repeatedly clear that he supports corruption and lawlessness within agencies under his command at taxpayer expense and his concept of active supervision and leadership is to betray whistleblowers to the very criminals themselves.

He has done this to both Dr. Langan and myself and who knows how many others.

Gov. Charlie Baker has publicly claimed he did not have the authority to punish corruption by the Board of Medicine, Atty. Stoller and James Paikos. Exactly like WADA claimed for years, it had no authority to investigate Pishchalnikova's evidence of systematic doping.

Gov. Baker even filed a bill asserting this egregious deliberate WADA-level lie.

http://www.mass.gov/governor/legislationexecorder/legislation/state-oversight-of-professional-licensing-boards.html

Dr. Langan and I have already proved that this lie is just to hoodwink taxpayers while corrupt government bureaucrats steal even more money. Actively betraying whistleblowers to the same corrupt officials they reported to Gov. Baker cannot be explained away by any reason or statute. That was a conscious act of betrayal. He knew exactly what he was doing.

"Whistleblowers are our modern-day Paul Reveres, shedding light on unsafe, wasteful and possible illegal activities. They should be applauded and rewarded, not threatened and fired," Senator Ed Markey said in Congress recently.

Undeniably Gov. Baker disagrees 100% with Senator Markey. Nothing will improve, there will be no active supervision, no corrupt criminals will be fired or lose their pension. The 2000 Republicans who chanted "Coward! Coward!" surely have the measure of their man.

What kind of chief executive actively betrays whistleblowers, is willfully complicit with criminal conduct, watches frame up after frame up by the Board and does nothing? You tell me.

Bharani Padmanabhan MD PhD specialises in multiple sclerosis in the Boston area. scleroplex@gmail.com

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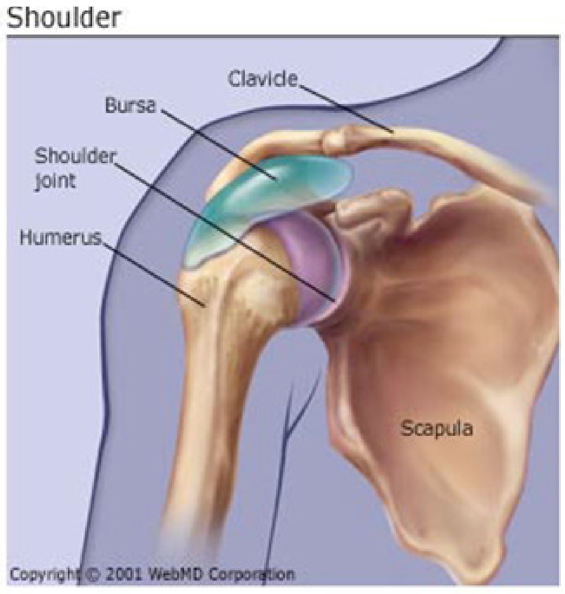
What You Need to Know About Bursitis



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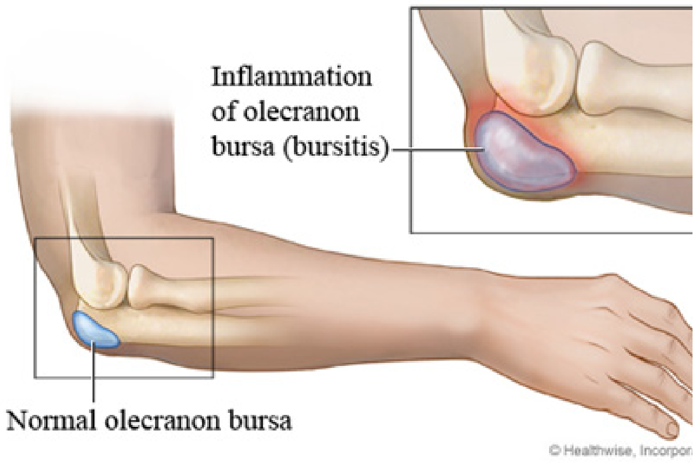

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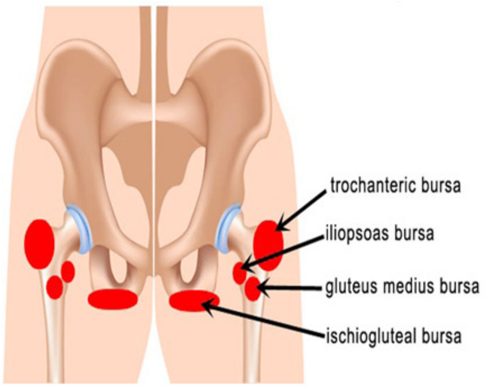

The Doctor Is ***IN***

Dr. Rami Rustum
VALLEY PATRIOT MEDICAL COLUMNIST

Bursitis is the inflammation or irritation of the bursa. The bursa is a sac filled with lubricating fluid, located between tissues such as bone, muscle, tendons, and skin, that decreases rubbing, friction, and irritation.

The most common causes of bursitis are repetitive motions or positions that irritate the bursa around a joint. Examples include:

- Throwing a baseball or lifting something over your head repeatedly
- Leaning on your elbows for long periods
- Extensive kneeling for tasks such as laying carpet or scrubbing floors
- Prolonged sitting, particularly on hard surfaces

Other causes include injury or trauma to the affected area, inflammatory arthritis such as rheumatoid arthritis, gout, and infection.

The most common symptom of bursitis is pain. The pain may build up gradually or be sudden and severe, especially if calcium deposits are present. Severe loss of motion in the shoulder -- called “adhesive capsulitis” or frozen shoulder -- can also result from the immobility and pain associated with shoulder bursitis.

If you have bursitis, the affected joint may:

- Feel achy or stiff
- Hurt more when you move it or press on it
- Look swollen and red

Bursitis is more common in adults, especially in those over 40 years of age.

Doctors can often diagnose bursitis based on a medical history and physical exam. If further testing is needed, you might undergo:

- Imaging tests. X-ray images can’t positively establish the diagnosis of bursitis, but they can help to exclude other causes of your discomfort. Ultrasound or MRI may be used if your bursitis can’t easily be diagnosed by a physical exam alone.
- Lab tests. Your doctor may perform blood tests or an analysis of fluid from the inflamed bursa to pinpoint the cause of your joint inflammation and pain.

Treatment:

- Nonsurgical Treatment

The initial treatment for hip bursitis does not involve surgery. Many people with hip bursitis can experience relief with simple lifestyle changes, including:

- Activity modification. Avoid the activities that worsen symptoms.
- Non-steroidal anti-inflammatory drugs (NSAIDs). Ibuprofen, naproxen, piroxicam, celecoxib, and others, may relieve pain and control inflammation. Use NSAIDs cautiously and for limited periods. Talk with your doctor about the NSAIDs you use. NSAIDs may have adverse side effects if you have certain medical conditions or take certain medications.
- Assistive devices. Use of a walking cane or crutches for a week or more when needed.
- Physical therapy. Your doctor may prescribe exercises to increase hip strength and flexibility. You may do these exercises on your own, or a physical therapist may teach you how to stretch your hip muscles and use other treatments such as rolling therapy (massage), ice, heat, or ultrasound.
- Steroid injection. Injection of a corticosteroid along with a local anesthetic may also be helpful in relieving symptoms of hip bursitis. This is a simple and effective treatment that can be done in the doctor’s office. It involves a single injection into the bursa. The injection may provide temporary (months) or permanent relief. If pain and inflammation return, another injection or two, given a few months apart, may be needed.

It is important to limit the number of injections, as prolonged corticosteroid injections may damage the surrounding tissues.

- Surgical Treatment

Surgery is rarely needed for hip bursitis. If the bursa remains inflamed and painful after all nonsurgical treatments have been tried, your doctor may recommend surgical removal of the bursa. Removal of the bursa does not hurt the hip, and the hip can function normally without it.

A newer technique that is gaining popularity is arthroscopic removal of the bursa. In this technique, the bursa is removed through a small (1/4-inch) incision over the hip. A small camera, or arthroscope, is placed in a second incision so the doctor can guide miniature surgical instruments and cut out the bursa. This surgery is less invasive, and recovery is quicker and less painful.

Both types of surgeries are done on an outpatient (same-day) basis, so an overnight stay in the hospital is not usually necessary. Early studies show arthroscopic removal of the bursa to be quite effective, but this is still being studied.

E-mail your questions to the doctor: rrustum@yahoo.com

Vaso Patsi Hatzigiannis D.M.D.
Joseph P. Beninato D.M.D.
Located at Riverwalk Complex
354 Merrimack St., Suite 334 (Bldg. 1, Entrance C), Lawrence, MA 01843
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NURSES: FROM 26

profession is in crisis. Older nurses are retiring in droves. Mid-career nurses are burning out. My ability to do what I do is nearly impossible without the collaboration of the outstanding staff nurses across the spectrum of nursing practice that I work with on a daily basis. We know the causes of the crisis. Just ask a nurse. But also ask our political leaders… Who will be there to train and mentor the next generation of nurses?

Dr. Frank MacMillan, Jr, MD, FACG specializes in Gastroenterology and Liver diseases, is a Fellow of the American College of Gastroenterology and it’s Massachusetts Governor. He is Vice President of the Massachusetts Gastroenterology Association. Dr MacMillan is a native of North Andover and practices Gastroenterology in Haverhill at Merrimack Valley Hospital, where he currently serves as the Chief of Medicine. He has also been a member of the North Andover Board of Health since 2007. You can email Dr. Frank at fpmacmillan@comcast.net

“Erica MacMillan is a currrent BSN nursing student anticipated to graduate in May, 2017. She was raised in North Andover and currently resides in Florida.”

NEWS FROM THE AMERICAN LEGION

John Lenotte

VALLEY PATRIOT VETERAN COLUMNIST

I don't know about you, but I am already tired of political ads and news dominated by what some candidate said or did. However, this does not take away from how important this upcoming Presidential election will be for our country. This may be the most important one of our lifetime. I expect it will be another close election like the Bush/Gore one of 2000. Gore won the total vote count but Bush won the Electoral College count, Florida votes were in question and it went to the U.S. Supreme Court for a ruling. That means that every vote will truly count and highlights another reason that selecting Supreme Court Justices is such a big deal!

I expect the mudslinging and accusations to really heat up as we move along to the November election. Personally I no longer rely on what is called the mainstream media – Boston Globe, NY Times, Washington Post, and ABC/CBS/NBC News. Over time I have grown more conservative and get a lot of my news from FOX and CNN. I do try to look at both sides of the storyand as I have noted in previous columns, there is a lot of information and fact checking done on the Internet.

My list of sites includes:www.congress.gov, www.contactingthecongress.org, www.townhall.com, www.politifact.com, www.votesmart.org, www.factcheck.org, www.countable.us and www.uspresidentialelectionnews.com.

Questions to ask yourself: Are you happy with the current conditions in our country? Are you happy with your personal situation? Are Congress and the Government doing most of what you think they should be doing? Realizing that we are all different and have our own situations so there will never be a 100% agreement. Who do you think will be better for our country of the 2 major party candidates? Overall are you happy with our Congressional delegation? The real key is in the voting booth. And in the meantime, there is always the option to call or email our Congressional delegation.

My own personal opinion is that there needs to be real change. We continue to see problems throughout the VA system. In general, we are OK here in New England, but not so in other areas of the country. And there is an obvious lack of accountability. No one gets fired. They are protected federal employees, some of whom continue to not only work but even get a bonus. This is just not right; it would not happen in private industry, it would not be tolerated. So why should it be acceptable in a government setting? And it is not just the VA or the IRS; there are other agencies with many problems.

Our military is being strained with continuous deployments, budget cuts that impact supplies and training,not to mention continued reductions in the number of troops in each branch of service. A recent news report noted that on June 16, 2016, Russian warplanes bombed one of our bases in Syria. There have also been near misses with Russian ships in the Mediterranean and Iranian vessels in the Strait of Hormuz. And there are more examples of how our military and political determinations are constantly being tested.

Domestic terror is at an all-time high and now with our Law Enforcement Professionals being targeted for assassination it seems to just get worse. We all need to practice restraint, vigilance and respect. I think back to my high school days when we all took a class called Civics, where we learned about government and what it meant to be a citizen of the United States. So much has been forgotten or now deemed politically incorrect. BALONEY!(being politically correct!) We need to wake up before it gets worse. Please join me at the voting booth this coming November.

On a personal note, I would like to thank Tom Duggan for accepting and printing my articles. My first article was August, 2006. I hope to continue contributing to this great newspaper for the foreseeable future.

John Lenotte, Past Commander American Legion Post 4 Haverhill MA, Past Commander District 8/Essex County, Past Commander, Department of MA.I may be reached by email at JohnLDistrict8@verizon.net

God Doesn't Think Like We Do!

Peter Larocque

VALLEY PATRIOT COLUMNIST

The Bible tells us in Isaiah 55:8-9, "For my thoughts are not your thoughts, neither are your ways my ways, saith the LORD. (9) For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts." You see, God doesn't think like we do, his thoughts are much higher. The Hebrew word for higher is gabahh, which means to soar, to lift up, upward. As far as God's thinking is concerned, "skies the Limit!" His thoughts are limitless; you and I on the other hand, are limited in our thoughts and ways.

Another reason God's thoughts are limitless is the truth that he is all knowing, He knows the future making His ways much higher than ours. He knows our ways which are limited long before they come to pass.

For instance, here in Romans 4:17 we read the following, "(As it is written, I have made thee [Abraham] a father of many nations,) before him whom he believed, even God, who quickeneth the dead, and calleth those things which be not as though they were."

God called Abraham a father of many nations when Sarah his wife was barren and long before she gave birth to their son Isaac, whom the Lord would eventually establish His Covenant with. God called that which was not as though it already was.

Another example of God's thoughts being higher than ours is when he sent the angle Gabriel to a young teenager named Mary, who told her what God was going to do. She then asked how will this happen? Then after Gabriel explained to her the details, he also said what we read in Luke 1:37, "For with God nothing shall be impossible."

You and I are limited making certain things impossible, but God being limitless, nothing is impossible. Jesus himself tells his disciples in Matthew 19:26, "But Jesus beheld them, and said unto them, With men this is impossible; but with God all things are possible."

Clearly without a doubt God thinks differently than we do. His thoughts are Higher than ours, He calls those things which are not as though they are and nothing is impossible!

We see all of the above in the life and ministry of our Lord Jesus Christ. For instance, here in Mark 3:1-5, we read (1) "And he entered again into the synagogue; and there was a man there which had a withered hand. (2) And they watched him, whether he would heal him on the sabbath day; that they might accuse him. (3) And he saith unto the man which had the withered hand, Stand forth. (4) And he saith unto them, Is it lawful to do good on the sabbath days, or to do evil? to save life, or to kill? But they held their peace. (5) And when he had looked round about on them with anger, being grieved for the hardness of their hearts, he saith unto the man, Stretch forth thine hand. And he stretched it out: and his hand was restored whole as the other."

Here we have Jesus seeing a man with a withered hand. He tells the man with the withered hand to stand forth and then he tells this man the unthinkable, the impossible because everybody knows that you don't tell a man with a withered hand to stretch out your hand! But if your thoughts are Higher and you know nothing is impossible with God and you call those things which are not as though they are, then yes, you can tell a man with a withered hand to stretch it out. Then look at the results, his hand was restored whole like the other! This is our God! This is our Jesus and we have this same God in Christ in us!

Jesus told his disciples in Matthew 10:8, "Heal the sick, cleanse the lepers, raise the dead, cast out devils: freely ye have received, freely give." Jesus believed in making the impossible and the unthinkable a reality! Then right before he gave himself over to be crucified he said the following in John 14:12, "Verily, verily, I say unto you, He that believeth on me, the works that I do shall he do also; and greater works than these shall he do; because I go unto my Father." Wow! Talk about making the impossible possible and commissioning us to do the same, to believe that nothing is impossible with God and calling us to raise our thinking Higher and to call those things which are not as though they are! As Christians we really do have something to offer people of this world.

Instead of focusing on and thinking about all the negative stuff going on in today's world, all the hate, the unforgiveness, the unsettledness and the lack of respect and trust in one other.

Let's raise our thinking higher believing that with God nothing is impossible seeing ourselves as a Light and a Help to a dying and confused world. We too can call things which are not as though they are by just trusting in Jesus who directs our paths.

Love to you all, Peter Larocque

Peter is married to Pam 34 Years, 3 wonderful children, blessed with 3 grandchildren, former Lawrence School Committee Member-2006-2009,Baker with Demoulas, Market Basket 16 years.

LAWRENCE: FROM PAGE 14

we shouldn't be tripling the number of inspectors.

In my opinion, neither of these issues should be debated until the fall when meetings are regular and the people can be better informed.

The City Council needs to set a summer schedule and follow it. That way the Councilors and interested parties could plan their travels accordingly. Barring spectacular legislation like sanctuary cities, we know the Council doesn't want to meet around the Fourth of July. National Night Out is the first Tuesday in August, so the Council is certainly going to take that day off. Why not just meet the third Tuesday of July and August? Make it official and adhere to it.

In another example of the city not trying to collect revenues, we have two dogs and foolishly got them licensed last month. Our dogs have tag numbers 178 and 179. This means that only 179 dogs were licensed at that time.

I did a quick count on Twitter and found that the police tweeted to find the owners of over 90 lost dogs in a recent 12 month period. I tried to eliminate dogs that were found in nearby towns. We can assume that these dogs were unlicensed, since the police couldn't immediately find the owners.

It doesn't seem that the police give out any tickets at all for unlicensed dogs. The Lawrence police are the pro bono lost dog detective agency. I'm not blaming the police, as they're probably just following orders.

Strangely enough, the lost dog detective agency is expanding. There was money in the last budget to hire a second animal control officer.

Luckily, Lawrence doesn't need to sweat the small stuff, the state will give us any money we need. Thank you again, Massachusetts taxpayers.

Random thoughts.

A plea to Mayor Rivera: If you're running for mayor again, please stop dissing Trump and campaigning for Clinton on Facebook. Remember that you won by less than 100 votes and Trump will surely get more votes than that in Lawrence. It's a safe bet that most of the Trump voters voted for you in the last mayoral election.

In case you haven't heard, Councilor Almonte was arrested for assault last month. If you're a regular reader of this column or watch the council meetings, this doesn't surprise you. We hope she receives some anger management training.

Councilor Maldonado is sponsoring an ordinance that will require more disclosure of conflicts of interest by Councilors. Maybe he should have voluntarily disclosed that one of the DPW jobs he was fighting so hard to save last year is occupied by his girlfriend's nephew.

Let's hope that the city laws don't change too much until we talk again.

DON'T MISS THE ESSEX COUNTY SHERIFF'S DEBATE FOR THE DEMOCRATIC CANDIDATES AT NORTH ANDOVER HIGH SCHOOL, ON AUGUST 18th at 7PM

EMPATHY: FROM PAGE 25

to an end and thus both justifiable and praiseworthy.

This is not the existence of hatred for hatred burns itself out. Hatred can be transformed in to love – both are strong emotions, passions that are flipsides of the same coin. This is the lack of emotion, the inability to identify with emotions – not Hallel's, nor those of the people who loved her or even their own.

Empathy starts with small things. Early in life.

I have Arab friends (does that surprise you?). They are good, decent people. They aren't terrorist or violent, they are just normal people trying to live normal lives. With all that, it was in their home that I recognized the empathy problem.

A small incident connected the dots for me, something most people would probably overlook. It happened when they were playing with their grandson.

Their first grandson, a boy named after the grandfather, is a source of extreme pride and joy. They love the boy very much, spoil him rotten and would do practically anything for him.

I watched the grandmother take the grandson, a toddler about one year old, lift him high in the air and then roll him down her chest in a kind of summersault. The grandmother was laughing at the game she invented. The baby, frightened by the height and being turned upside-down began to cry. She knew it was just a game, nothing bad would happen so she continued – up in the air, flip upside-down, laughing while he cried.

The grandmother, did not feel the fear of her beloved grandson. A woman who would never purposely hurt this child in any way, scared him and laughed while he cried. She could not feel his pain. She had no empathy for him.

This is just a tiny incident but it is one amongst countless incidents in a life. A message from the people closest to this child, the people who will be the most influential in forming his personality.

If the people closest to him do not recognize his pain, if they laugh when he cries, what will he learn?

If, when he grows a bit older, he hurts an animal and it cries out in pain, will it be so strange for him to respond by laughing? (This too, I have seen far too many times.)

When he grows up and gets married, if he hurts his wife, emotionally or physically and she cries, how will he respond? Will it be strange if he does not see a reason to reach out in compassion?

Remember, this is a good family. A kind and decent family. What happens in families that are cruel and violent? In families that pro-actively support violent activities?

Most people are focusing on the manifestations of violence. I think we should take a good hard look at their source. Understanding the cause is the beginning of the solution.

It's all about empathy.

It begins with small incidents, very early in life. The void created by the lack of empathy is an open door, beckoning for violence to enter. The problem begins small but it is like a vacuum in space that pulls everything in to it. Light does not shine in the vacuum, everything implodes inwards.

The Arab world has an empathy problem. A big problem. And we are all suffering from the consequences.

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Technologies for Aging in Place

Celeste Begley

RIGHT AT HOME

The proverbial "an apple a day will keep the doctor away" is today more likely "an app any time of day will keep the doctor away." The latest in remote healthcare innovations can instantly connect a person with not just a doctor but an entire medical team, and all right in the comforts of home. The upsurge in health-monitoring technology is particularly beneficial to older adults as the world's population over age 60 is expected to reach nearly 1.2 billion people by 2025.

To respond to an increasing demand in caring for these seniors, home-monitoring devices and systems are redefining the landscape of "aging in place," the decision to continue living in one's home of choice as independently and safely as possible. AARP reports that nearly 90 percent of seniors want to stay in their own homes as they age. Even with certain health challenges, older adults now have a number of more affordable and user-friendly advancements to help them live in their homes as long as they can.

From data-compiling motion sensors to Bluetooth connectivity, aging home dwellers and clinicians can stay in communication around the clock. Special apps also equip family caregivers with visual check-ins with their loved one or allow adjustment of home controls for their senior even from thousands of miles away.

"Often family caregivers do not live close by their aging loved one, so personal at-home care coupled with high-tech remote health monitoring offers continued oversight of the senior and tremendous peace of mind to caregivers," said Celeste Begley, Community Relations Director of Right at Home Boston and North and local Merrimack Valley resident.

Right at Home, a leader of the in-home care industry, is partnering with global health technology innovator Philips to beta test a flexible and affordable blend of in-home and remote care options for seniors. The CareSensus well-being monitoring features unobtrusive, camera-free sensors placed strategically in the home to watch out for older adults 24/7. Data from the connected sensors process any unusual patterns of activities, such as a senior taking much longer to get out of bed in the morning, and delivers the personalized blueprint of behavior to the Right at Home remote care team. The behavioral changes displayed via an intuitive online dashboard alert the off-site Right at Home care staff to intervene earlier during a health complication or before a more serious medical event. Also, family caregivers can access the dashboard to periodically review their loved one's care.

Seniors also have the option of being provided with a tablet equipped with video chat technology, so the Right at Home remote care team can schedule regular check-ins customized to meet the senior's needs. Video visits can range from a casual discussion about dinner, to reminders for the senior to take their medication or blood pressure. The CareSensus well-being monitoring and remote check-in pilot continues in 25 Right at Home U.S. locations until December 2016.

In addition to the Right at Home/Philips blended care solution for older adults, Rosaleen Doherty notes a number of other home health innovations designed to keep elders safe while living on their own:

- Wearable health devices such as wristbands, biometric shirts, goggles and more measure and collect data on everything from blood pressure to vision.
- Mobile device apps remind older adults to take their medication or can measure on the spot vital signs such as glucose and skin temperature.
- Sensor mattress mat tracks air-pressure fluctuations to monitor a person's sleep patterns, heart rate and breathing. The thin pad fits under a mattress.
- Telemedicine features in-home movable robotic devices to allow doctors to complete real-time medical appointments or track health conditions.
- Home automation auto-sets smart devices to simplify daily tasks such as opening or securing windows and doors, turning off appliances, adjusting the home's temperature, and lowering countertops and shelves.

When hands-on care is not always possible for seniors who choose to age in place, assistive health technology may do more than keep the doctor away. In many cases, the "always on" remote care services prove to be life-saving measures.

Right at Home of Boston and North is a family owned home care agency that opened its doors in 2002. It is owned and operated office by Rosaleen Doherty and Jay Kenney, serving the communities of Boston, the Merrimack Valley, and the North Shore. Right at Home provides RightCare. This is the Right People – the most professional and passionate employees to serve our clients, RightServices- Wide range of services delivered with excellence, RightApproach – Comprehensive care tailored to client's needs, and the RightMission – Improving the quality of life for those we serve. For more information, contact Right at Home of Boston and North by visiting our website /www.rightathome.net/boston-north/. Phone: 781-744-5151 or by email at info@rightathome-mass.com.

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The professionals at New England Primary Care Associates P.C. are always eager to help their patients. From left to right: Kally LaChapel, MA; Rula Youssef, MD; Laura Moll, PA-C; Amariliz Baez, MA.

See their ad on Page 18.

Or visit them at **280** MERRIMACK ST. SUITE #103 in Lawrence, (NEXT TO FLOW FITNESS) You can also call them and tell them The Valley Patriot sent you. (978) 685-2455.

Lillian Demers Michaud (center) was greeted by a surprise retirement party by the current and former city councilors and mayors of Lawrence last month after 38 years of service working for the Lawrence City Council. Lillian contacted The Valley Patriot and said she wanted to pass along the following message: “A big THANK YOU to my sister, Asst. City Clerk, Carole Morin, on hosting my recent “surprise retirement party, in coordination with Lawrence City Council Members, Chief of Staff Eileen Bernal, Cathy Vaillancourt, and Deana Garside, recognizing my 38 years of service to the City of Lawrence. It was a great turnout of family, friends, State Delegation, current and former Mayors, many former City Councilors and my ‘City Hall Family’ Thank you from the bottom of my heart.”

Back Row, former Councilors Joe Parolosi, and Dick Consoli, current Councilor Modesto Maldonado, former Councilors Dan Halloran, Frank Moran, Joe Quartarone, David Baine, Steve Kfoury, current Councilor Dave Abdoo, former Councilor Gil Frechette, former Councilor and current State Rep., Marcos Devers, Lawrence Mayor Dan Rivera, and former Councilor Roger Twomey. Front row: Former Lawrence Mayor Mike Sullivan, former Councilors Jay Dowd, and Marie Gosselin, current Councilor Marc Laplante, Lillian Demers Michaud, Councilor Kendrys Vasquez (in front), behind him is former Councilor Nick Kolofoles, current Councilor Estella Reyes, former Councilor Eileen Bernal, and former Lawrence Mayor Kevin Sullivan.

The Valley Patriot
BAKER SIGNS RECORDS BILL
VALLEY PATRIOT OF THE MONTH

Jack and Hannah Kelly show their copy of the Valley Patriot in front of the 300 year old Cottage Mary Rose in Cordal, County Kerry, Ireland.

PUNCHARD: FROM PAGE 5

and Historic Ballardvale

“Lunch Specials” Tasting Tour

In Lovely Downtown Portsmouth, NH

Monday, August 29 from 10:00 am to 4:30 p.m. $59 includes the tour, tasting, and transportation. Colorful chalkboards displayed on the downtown sidewalks announce today’s “Lunch Special.” Join us as we visit 5 restaurants for a delicious lunch tour to discover these specials of the day. The easy walking tour of 1/2 mile will allow time to sit and enjoy each stop as well as the historical sites along the way.

Fall Semester class Registration begins Monday, August 8 at 8:45 a.m. For complete listings visit www.andoverseniorcenter.org

Water Workout at Edgewood

Tuesdays, August 23 to November 8; 9 a.m. $42. Please join us for this fun, low impact, high results class in the lovely newly renovated pool at The Edgewood Community in North Andover.

Breath, Balance and Body Wellness

Tuesdays, August 23 through November 1 at 2 p.m. $44. Improve oxygen to the body and find balance through the mind-body connection. Using props and our own body weight, gently increase bone density, balance and overall wellness. Appropriate for all levels and disabilities. Please call for clarification. Open to entire community.

Check out all our offerings at www.andoverseniorcenter.org. Drop by or call us for information at (978) 623-8321. All classes are held at the Center at Punchard at 30 Whittier Court and are open to entire community as space allows.

Paula's Journey for Hope

The family and friends of Paula Stamoulis Corey are uniting to raise money to help Paula get diagnostic care and treatment at the Mayo Clinic in Minnesota. Paula was diagnosed with Systemic Lupus Erythematosus, an autoimmune disease that can damage any part of the body (skin, joints, and/or organs inside the body.)

Paula has numerous daily symptoms but the most severe are her daily fevers, constant pain, nausea, sleep deprivation and chronic fatigue. Paula cannot be out in the sun due to Lupus as it can make her symptoms worse. Paula was also most recently diagnosed with Erythromelalgia (a rare devastating disorder that affects the skin of the feet or hands or both causing redness, intense heat, swelling and burning pain.) Temperatures over 66 degrees can set these devastating symptoms off. Just going outside in the spring and summer can cause Paula great discomfort. Her doctors remain unsure as to why she even has Erythromelalgia. The Mayo Clinic will be able to determine what caused it and how to cure it (or at a minimum, treat it).

In addition to Lupus and Erythromelalgia, Paula also has Raynaud's disease. With this disease, a cooler temperature change causes the smaller arteries that supply blood to her skin to narrow, limiting blood circulation to affected areas such as her hands and feet, turning them purple, white and causing numbness.

What complicates matters more for Paula is that she is very sensitive to medications making any type of treatment very difficult. In addition, any type of stress makes all these conditions flare up.

Paula is 45 years old and has been happily married to Anthony Corey for 19 years. She has lived in Methuen, MA her entire life. She is a wonderful wife, amazing mother to her two sons, and a loving grandmother. She has a very supportive network of family and friends who love her dearly. Paula has been an independent woman her entire life never asking anyone for help for anything. Paula has attended fundraisers and has started fundraisers for others in need. No matter what is going on in her life, she will always find the time and strength to help someone else in need, even if it's just to listen.

Paula is very well known and respected in the communities of Methuen and Lawrence, having worked as a Paralegal for 22 years. She was very passionate in her work, always going above and beyond expectations. Despite Paula's medical conditions and her doctors advising her not to work, Paula continued to work full time for a few more years. Even the last few years of her employment, she was still determined to work. Her declining health, unfortunately, left her disabled, unable to work, and heartbroken.

Paula now needs our help and our prayers and our support. Please help us get Paula to the Mayo Clinic as we feel this is her last hope. No donation is too small. To get to the Mayo Clinic, Paula will need to purchase airline tickets, book a motel for up to 2 weeks, pay for all meals, pay medical bills, medication, any testing or treatments, and pay for future medical treatment. Paula will need to report to the Mayo Clinic daily for up to two weeks, depending on the tests and treatments that need to be done.

We thank you from the bottom of our hearts.

For questions or further information, please email lwharf@yahoo.com

"We can't help everyone, but everyone can help someone."

-Ronald Reagan

Please help Paula be that "someone."

To send a donation, please visit https://www.gofundme.com/2dg4ydvg

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The Main Factors in Judging the Receptivity of a Subject

By: Jerry Valley,
NGH Certified Consulting Hypnotist

Although there may be other contributing factors, I have found, what I consider to be, the 3 main factors in reading the subject's receptivity. This is also good information for the general public who may be seeking help from a qualified and certified hypnotist.

Notice that I use the term "Receptivity" rather than suggestibility which is used by most hypnotists and there is nothing wrong with that. However, I have found that the term "Receptivity" might be a bit more acceptable by the client since "Suggestibility" could have a very slight connotation of gullibility.

Now, hold on and don't jump all over me for that comparison. It is just my personal opinion and nothing else. If you like suggestibility, by all means stick with it. Please do not misunderstand my point. Many hypnotists use that term and that's Ok. It is just a fine line where I feel "Receptivity" is a better fit.

Let's move on to the more important aspects of this article. In my 40 years in the field of hypnosis, judging the receptivity of a client has been extremely important and great clues as to how the client might react to my suggestions.

I teach my students that, to me, these three factors are the most important clues to judge the client's receptivity:

Impressionability, Imagination, Trust

Let's examine these words. People who are easily impressed make great subjects. Here is an example of impressionability:

Sometimes, poll takers stop people coming out of a movie and ask the first person this question: "You just saw the movie 'Blindside. What did you think about it?" The person responds: "I enjoyed it. It was pretty good." Now the second person coming out responds to the same question like this: "Oh my GOD! This was the BEST movie I have ever seen! I am going to see it again tomorrow! Who is the better subject? The 2nd person because he/she was greatly IMPRESSED! That type of person would, most likely, be very impressed with hypnosis. Impressionability tends to open the door to the imagination and leads to a very receptive and willing subject. By the way, and ironically, WILLINGNESS is NOT a factor in judging the subject. Just because a person is willing, which is a given, there is no guarantee that he/she will be a good and responsive subject. I have had plenty of people on stage and in my private practice that were willing but did not become great subjects. Hence, in the stage shows, I did send some back to the audience. I repeat: Just because a person is WILLING, it does not guarantee a good subject.

1. Let's go on to IMAGINATION. People with vivid imaginations also tend to be good subjects. Paraphrasing Constantin Stanislavsky, the great Russian teacher of acting once said in his book An Actor Prepares, "The imagination gives the subconscious mind a license to perform." Stage hypnotists realize that his statement is really true as they motivate people to act out specific scenes that they are put into. It is truly amazing what people will actually do when allowed to perform in various scenarios.

Back to the one-on-one scene. Sometimes, a person will state that he/she has no imagination. I challenge that because everyone has an imagination but some try to repress it because, as they state, "I am know an adult and can't act like a kid." Then, I simply ask him/her to describe their car, their house or their last vacation, which they do promptly and with excellent imagery. So, imagination is a very good element in this search.

Now, TRUST is also a given. Nobody is going to allow hypnosis unless they trust the hypnotist. No trust….no hypnosis.

There also could be other factors such as a person being in AWE of the hypnotist, and other pre-conceived ideas about the "power" of the hypnotist and the effects of being hypnotized.

One of the "luxuries" that the stage hypnotist has is that he/she gets to select the very best subjects for the show. The consulting hypnotist works one-on-one with clients so he/she must lead that client via testing etc., into a receptive arena.

Once you determine the receptivity of the client, you must then select a proper induction that you feel will cause the client to respond in a positive manner and accept and follow all of your suggestions.

As Harry Arons always stated: "Fit the induction to the client and not the client to the induction." In other word, don't always use the same induction. However, there is a bit of opposition to that idea and it is: If an induction worked well for a client, why not use it again? Good question.

I will use a particular induction several times, but I will vary the inductions over time so that the client does not become bored with it.

In conclusion, look for signs that might indicate a receptive, and hopefully not a refractory, client. Always remember, you are there to help that client succeed in pursuing his/her goal. Do it right and your success will not surprise me.

I can be reached at 978-609-1725

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Property Sales, Foreclosures for JULY, 2016 in Andover, North Andover, Lawrence, & Methuen. From Northern Essex Registrar of Deeds M. Paul Iannuccillo

(All properties are listed in order; seller, buyer, address, and price.)

ANDOVER

Wei Chao & Heling Liu, Hao-Ping Hong, 102 Argilla Road, $900,000.00

Wei Chao & Heling Liu, Huai-Hsiang Hsia, 102 Argilla Road,

US Bank NA TR, Thomas Parker, 145 High Plain Road, $210,000.00

Andover Realty Trust, Andover Town, 5 Campanelli Drive, $2,250,000.00

Nancy Bourque, Gary & Peggysue Westphal, 80 Dascomb Road, $470,000.00

Raleigh Realty Trust, Dennis Sullivan, 115 Corbet St., $210,000.00

Taylor Cove Development LLC, Chris Sadao & Yuka Takahashi Nakamura, 40 Taylor Cove Drive Unit 20, $569,900.00

Lawrence & Marie Robertson, Brian & Stacy Herlihy, 25 Enmore St., $460,000.00

69 North St. LLC, Lucia Figuereo, 24 Atlantic Ave, $199,800.00

Aloisi Realty Trust #1, John & Margaret Mahan, 19 Karlton Circle, $475,000.00

69 North St. LLC, Devanira Santos, 22 Atlantic Ave, $198,800.00

NSS Three Sisters Realty Trust, Edgar Demarquez, 50 Colonial Drive Unit 50-7, $181,000.00

Luis Algeria & Liliana Br&, Neeraj Kumar, 200 Brookside Drive Unit D, $265,000.00

William & Carrie Horan, Alan Pierre Jouhier, 4 Iroquois Ave, $818,000.00

William & Carrie Horan, Nyuk Lian Lai, 4 Iroquois Ave,

Jillians Way LLC, Br&on Herscovitch, 7 Jillian Way, $962,499.00

Jillians Way LLC, Caitlin Foley, 7 Jillian Way,

Paul & Barbara Theberge, Merrimack College, 27 Rock Ridge Road, $495,000.00

Janet Elizabeth Fleet, Mary Fahey, 3 Longwood Drive, $184,000.00

Amato & Jeanette Benedetto, Matthew Theobald, 1 Snowberry Road, $565,000.00

Amato & Jeanette Benedetto, Tiffany Leung, 1 Snowberry Road,

Haight Living Trust, Li Li, 10 Longwood Drive Unit 7, $170,000.00

John & Jodi Oberto, Daniel Warner & Kristin Lewis-Warner, 11 Hartford Circle, $705,000.00

Walsh Real Estate Trust, Brian C. Thelan, 12 Kathleen Drive, $451,000.00

Taylor Cove Development LLC, Bethany Senesi, 24 Taylor Cove Drive Unit 12, $670,785.00

KG Associates LLC, Guardian Community Trust LLC, 1 Elm Square Unit 3-B, $287,700.00

Taylor Cove Development LLC, Suibing Huang, 36 Taylor Cove Drive Unit 18, $699,900.00

Taylor Cove Development LLC, Guangbin Xiao, 36 Taylor Cove Drive Unit 18,

Jordan & Kathryn Lewis, Timothy & Emily Frisch, 79 Pine St., $541,000.00

Roach Family Trust, Gaurdian Community Trust Inc., 1 Elm Square Unit 2D, $300,000.00

Carol Z Levine Revocable Trust, Kristen R Lindahl Trust, 31 Smithshire Est., $715,500.00

Barbara Zoe Alexi, Jessica Colby, 98 Haverhill St. Unit D, $119,000.00

Trachtenberg Family Realty Trust, Maureen & Michael Johnson, 9 Furnari Farm Lane, $902,000.00

Br&on Bigelow & Tracey Blueman, Lisa Lamountain, 21 Pine St., $528,695.00

Michael & Catherine Booth, Lorenzo Buonanno, 2 Meadowbrook Drive, $627,100.00

Michael & Catherine Booth, Susan Wager, 2 Meadowbrook Dirve,

Jeffrey & Elizabeth Kabriel, Bruno Figueroa, 14 Castle Heights Road, $660,000.00

Jeffrey & Elizabeth Kabriel, Patrick Pickerill, 14 Castle Heights Road,

Timothy & Ann Swan, Philip & Christina Berthelsen, 47 Abbot St., $659,000.00

Stephen J. King 2012 Trust & Debra A King 2012 Trust, Charles & Patricia Ann Thomas, 38 Bobby Jones Drive Unit 6-1, $884,900.00

Pine Tree Lance Realty, Timothy & Ann Swan, 6 Pine Tree Lane, $890,000.00

Lowell St. Investments LLC, 307R Lowell St. Realty LLC, 307R Lowell St., $3,000,000.00

Mary Catanzaro, Honney Wadhwa, 5 Fairway Drive, $1,075,000.00

Mary Catanzaro, Saurabh Chadha, 5 Fairway Drive,

Laszlo Papp & Andrea Papp Thorn, Patricia Vetrano, 245 Highl& Road, $625,000.00

Jawahar Raina, Porter Palace Trust, 5 Porter Road Unit 203, $265,000.00

Bronson Milinazzo, Mohamed Abdallah, 500 Brookside Drive Unit E, $265,000.00

Society of the Friars Minor of the Order of Saint Francis, Melmark Inc., 459 River Road, $7,500,000.00

Melmark Inc., Pulte Homes of New Engl& LLC, 459 River Road, $7,250,000.00

Kristen Myers, Kristen Myers, 7 Pettingell Ave, $251,053.34

Kristen Myers, Scott Smith, 7 Pettingell Ave,

Justin Jongwook & Young Hee Hwang, Aldo & Suzanne Damiani, 131 Salem St., $880,000.00

MJP Nominee Trust, Michael Weise, 31 Cheever Circle, $750,000.00

MJP Nominee Trust, Michelle Rhee, 31 Cheever Circle,

Manuel & Patricia Lowenhaupt, Kevin Casey, 23 Buttonwood Drive, $1,380,000.00

Manuel & Patricia Lowenhaupt, Laura Sexton-Casey, 23 Buttonwood Drive,

Thomas & Elizabeth Lazay, James Dietz, 2 Shipman Road, $752,000.00

Thomas & Elizabeth Lazay, Katelyn Kurkul, 2 Shipman Road,

Highview LLC, Andover Community Trust, 168 haverhill St., $50,000.00

Anne Chay, Helena & Kara Bloomingdale, 10 Mckenney Circle, $429,900.00

Philip & Sara Decologero, Cody Olivier, 156 Kingston St., $215,200.00

Kathleen & Jon Harwood, Shane & Ann Griffin, 14 Sherry Drive, $560,000.00

CA Investment Trust, Cameron & Sarah Grob, 43 Ivana Drive Unit 14-1, $935,000.00

Zizzo Realty Trust, Elizabeth Koontz, 37 Michael Way Unit 28, $425,000.00

Jennifer Stanton, Christopher & Sabrina Witt, 38 Maple Ave, $526,000.00

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Property Sales, Foreclosures for JULY, 2016 in Andover, North Andover, Lawrence, & Methuen. From Northern Essex Registrar of Deeds M. Paul Iannuccillo

(All properties are listed in order; seller, buyer, address, and price.)

R. Norene Regan, Joseph Mahoney, 5B-10 Colonial Drive, $135,000.00

Branislav Cenanovic, Austin & Kathering Simko, 8 Kensington St., $742,000.00

Samiei Family Trust, Anas Chbib, 12 Mckenney Circle, $307,000.00

Jeou-Hwa & Anne Wang, Maosong Qi, 6 Gavin Circle, $620,000.00

Jeou-Hwa & Anne Wang, Yuzhen Liu, 6 Gavin Circle,

Brian & Elizabeth Elowe, James & Cynthia Stavropoulos, 71 Argilla Road, $725,000.00

Christopher & Sabrina Witt, Bryan Bannon, 38 A Maple Ave, $365,000.00

Christopher & Sabrina Witt, Erinn Gilson, 38 A Maple Ave,

Allan & Karen Wood, Eamon & Nora Mcdermott, 53 Abbot St., $770,000.00

Arm&o Kibarian, Jessica Romano, 437 Main St. Unit C, $280,000.00

John Chen, David Towler, 172 Haverhill St. Unit 219, $388,000.00

Seth & Melanie Bilazarian, Marcia & Michael Greene, 73 Bartlet St., $1,690,000.00

Mary Lou Davidson 2011 Revocable Trust, Mary Lou Davidson, 19 Somerset Drive, $900,000.00

Mary Lou Davidson 2011 Revocable Trust, Hardeep Singh, 19 Somerset Drive,

Mary Lou Davidson 2011 Revocable Trust, Harpreet Kaur, 19 Somerset Drive,

Belvidere Hill Group LLC, Carlos Eduardo De Castro & Andrea Piccolotto Haddad, 3 Fraser Drive, $1,150,000.00

James & Patricia Hoopes, David & Amy Fleming, 9 Wethersfield Drive, $815,000.00

Venkat Busanelli, Deepkat & Kamaljeet Tiku, 1 Powder Mill Square Unit 402, $400,000.00

Frances & Francis Kearney, Fan Yang, 86 Poor St., $456,000.00

Frances & Francis Kearney, Jueqing Huang, 86 Poor St.,

Robert & Kathleen Mattola, Brian McKenna, 5 Sugarbush Lane, $545,000.00

Robert & Kathleen Mattola, Farinaz Farshadi, 5 Sugarbush Lane,

LAWRENCE

Jose F. Rosario, S&ra Garcia Ayala, 88 Willow St., $257,000.00

Jose F. Rosario, Jessica Cruz Garcia, 88 Willow St.,

Andres Lanfranco, Jose Burgos, 1 Linden St., $202,500.00

Kevin James & Guilva Teed, Elizabeth Duran, 96 Allston St., $185,000.00

Antoine Saab, Paola Jaime, 29-31 Sherman St., $267,000.00

Nicasio Pimental & Jaime Burgos, Lissette Rosario, 592-594 Haverhill St., $375,000.00

David & Nancy Delaurier, Billy Marte, 57 King St., $310,000.00

Andrea Demuth & Eileen Crowley, Henry Allen, 54 Jefferson St., $290,000.00

C&ace Paine, Rafael Vega, 243 Bruce St., $153,000.00

Carmelo Alicia, 106 Bunker Hill St. LLC, 106 Bunkerhill St., $150,000.00

126 Mount Vernon St. Realty Trust & K & L Family Real Estate LLC TR, Jose Mejia, 126-128 Mount Vernon St., $305,000.00

Maylin & Marilyn Montanez, Ramon Ortiz, 104 Lexington St., $265,000.00

HSBC Bank USA N A TR, Molly Elizabeth Nominee Trust, 4 Florence St., $102,500.00

Jaime & Blanca Ramos, Wilfre Taveras, 119-121 Springfield St., $275,000.00

HD Lawrence Realty LLC, Lawrence 114 Plaza LLC, 73A Winthrop Ave, $1,929,409.00

116 Dracut St. Realty Trust, Michael J. Saindon, 116 Dracut St., $185,000.00

Freddy Lopez, Jacquelin Cepeda, 394-396 Lowell St., $230,000.00

Chestnut Realty Trust, Joel Klinker, 91 Summer St. Unit 7, $32,500.00

WVUE REO 2015-1 LLC, Ysabel & Carmelo Rodriguez, 7 W Kenneth St., $240,000.00

Juana Garcia, Richard Bernabel, 27 Bellvue St., $260,000.00

Blas Rosario, Maria Urena, 424-426 Lowell St., $335,000.00

Richard Ciccarelli, Sharon Pelczar, 21 Hallenan Ave, $285,000.00

Richard Ciccarelli, Jose Orta, 21 Hallenan Ave,

Andres & Alba Jerez, Michael & Katherine Medina, 655 Mount Vernon St., $225,000.00

Richard, David, & Kendrick Rattray & Barbara Buswell, Delsy Gutierrez, 27B Boston St. Unit 2, $140,000.00

Esteban & Herminia Nunez, Amalia Martinez, 13-15 Clinton Court, $384,900.00

James K. Githitu & Elizabeth Kimari, Gervic L. Gutierrez, 35 Summer St., $200,000.00

Elena G. Diodati & Maryanne Murray, Nelson & Minerva Gonzalez, 3 St&ish Road, $233,000.00

Hugo R. Malacre, Elvoris Mercedes, 117-119 Osgood St., $295,000.00

Ronny Lizardo & Elizabeth Javier, Alvaro Caraballo, 150 Prospect St., $335,000.00

Leslie Ann Villa, Christian Bueno, 34-36 Sunset Ave, $370,000.00

Audrey Provencal, George Sawaya, 14 Crestshire Drive, $275,000.00

Audrey Provencal, Zeyna Haddad, 14 Crestshire Drive,

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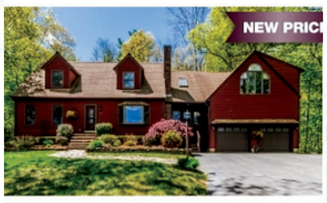
1454 Broadway, Haverhill
.014 acres | Year Built 1918
$389,900



29 Bumpy Lane, Methuen
Bedrooms: 4| Baths:2 full 1 half
2,500 sq ft on 1.9 acres
Yr built 1983
$595, 900

NOW AVAILABLE

119 Cedar St. Haverhill
.04 acres | Yr. built 1900
$149,900

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$609,900
11 Hastings Circle
Methuen, MA 01844
3 Beds - 3 baths
3,012 Sq Ft

$329,900
295 Lowell St.
Methuen, MA 01844
5 Beds - 2 baths
2,397 sq. ft.

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Methuen MA 01844
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OFFICE FAX: (978) 687-0800

Jennifer Kannan
OFFICE PHONE: (978) 687-8484
PERSONAL PHONE: (978) 360-6145

Property Sales, Foreclosures for JULY, 2016 in Andover, North Andover, Lawrence, & Methuen. From Northern Essex Registrar of Deeds M. Paul Iannuccillo

(All properties are listed in order; seller, buyer, address, and price.)

Jose & Jennifer Vasquez, Scott & Barbara Hoyt, 29 Steiner St., $277,000.00

John Turner & Ana Machado, SGS Holdings LLC, 611 Lowell St., $330,000.00

M&W Real Estate LLC, Elena Placido Valdez, 217 Prospect St., $399,000.00

Vladimir Cepeda, Luis Nivar Morel, 31-33 Robinson Court, $354,000.00

Vladimir Cepeda, Maritza Jiminez Perez, 31-33 Robinson Court,

Ysidoro & Yanelys Paulino, Maria Rodriguez, 4 Kempton Court, $185,000.00

Reynaldo Rodriguez, Doris Pujols, 74-76 Osgood St., $350,000.00

Israel Pierre, Yohaira Mabel Jiminez, 96 Saunders St., $320,000.00

Israel Pierre, Ancel Brito, 96 Saunders St.,

Cesarina Silfa, Marisel & Nathalie Marte, 17 Pearl Ave, $270,000.00

Roger, Paul, & Rose Marie Audet, Nathaniel & Erika Stephenson, 392-394 So. Broadway, $400,000.00

Rigoberto Reyes, Allam Garcia, 41 Crosby St., $369,000.00

Greg & Stacy Hetrick, Joanne Cimea, 283 Colonial Road, $290,000.00

Greg & Stacy Hetrick, Ricot Mombayard, 283 Colonial Road,

J P LLC, Almeidas Property LLC, 195-199 South Union St., $460,000.00

C L Demarco Realty Trust, Edwin Gomez, 50 Hamlet St., $248,000.00

Blondin Family Trust, Denise Ceballos, 195 High St., $240,000.00

Caras Realty LLC, Yenny Ferreras, 50 Union St., $170,000.00

Linh Ha, Jose Betances, 91 Summer St. Unit 5, $33,500.00

Burnias Family Trust, Dale Tunstall, 52-54 Olive St., $395,000.00

Ysabel Suarez, Venecia Liriano Delopez, 114-116 Salem St., $365,000.00

Ysabel Suarez, Gilberto Liriano, 114-116 Salem St.,

MDJ One Realty LLC, Carolina Abreu, 21 Pleasant Place, $358,900.00

Myrta Hern&ez, Jose Polanco, 8 Hemlock St., $305,000.00

Myrta Hern&ez, Elsa Guzman, 8 Hemlock St.,

Cathy St. Pierre, Susan Piazza, 3 Kathleen Terrace, $83,182.43

Sarah Stopyra, Keshia Jiminian, 47 Corbett Road, $255,000.00

Habrom Andemariam, Sirron Development, 18-20 Sargent St., $86,000.00

Philip & Sarah Decologero, Cody Olivier, 156 Kingston St. Unit 156, $215,000.00

407 Essex St. Realty Trust, Thao Phu Diep, 407 Essex St., $370,000.00

407 Essex St. Realty Trust, Diana Yeap, 407 Essex St.,

Bethania Camilo, Kesnel Jules, 17-19 Willow St., $262,500.00

Bethania Camilo, Shela Sinelien, 17-19 Willow St.,

Hoa V. & Hiep Tan Le, James Williams, 318-320 South Union St., $264,275.00

Bill Tompkins Corp., Brunilda Martinez, 47 Garfield St., $208,000.00

Bill Tompkins Corp., R&y S. Garcia Hidalgo, 47 Garfield St.,

Junior Peralta, Cristina Ramos Pleitez, 6-8 Exchange St., $310,000.00

42 Orchard St. Realty Trust, Community Works Hold & Control LLC, 42 Orchard St., $290,000.00

James Vittorioso & Anthony Parolisi, Regis Holdings LLC, 274 East Haverhill St. Unit 13, $55,000.00

Winwin Properties LLC, Raquel Aguiar, 235 Salem St., $370,000.00

Jose Fern&ez, Andrea Reynoso, 125-127 Foster St., $330,000.00

Martin Gutierrez, Silfirda Gomez, 62-64 Exchange St., $376,000.00

Martin Gutierrez, Ramon Pichardo Cleto, 62-64 Exchange St.,

Germania Leonardo-Gill, Omaly Dominguez, 906 Essex St., $222,000.00

Edwin & Yol&a Cuevas Vasquez, Adalgiza Leonardo, 45 Eaton St., $145,000.00

Trent & Rebekah Rector, Jose Dominguez, 297 Water St., $200,000.00

Christopher Clark & Mary Polanco, Rossy Polanco, 10 West Beacon St., $300,000.00

Clemente Duran Vasquez, Rodelfy Seifer, 33 Myrtle St., $310,000.00

METHUEN

Ronald P. Shwetz Revocable Trust of 2013, Adam & Maimuna Chiocca, 34 Archibald Ave, $529,900.00

Marianne Nowacki, S&ra, Catherine, & Josiah Kiplagat, 207 Hampstead St., $340,000.00

Dianna Mackinstry & Keith Hopkins, Bay-Jing LLC, 2 Blackberry Lane, $480,000.00

Delucia Farms Realty Trust, Michael & Cara Griffin, 264 Merrimack St., $695,000.00

Lauren & Michael Gianino, Rachel & Angelo Schmidt, 19 Hampshire Road Unit 304, $192,500.00

Pauline Messer, Cyril & Linda Lane, 3 Spencer St., $230,000.00

James & Lorraine Anthony, Jose Geraldo Dasilva, 9 Goldsmith Court, $324,900.00

Methuen City, Fred & Danielle Deparis, Howe St., $560.00

Branch Methuen LLC, Charter School Solutions Crest LLC, 9 Branch St., $9,615,000.00

Brittney Kannan, Ibrahim Saleh, 15 Hill St., $330,000.00

Brittney Kannan, Hasnaa Jabbour, 15 Hill St.,

Michael Garniss, Benjamin & Luz Ortega, 65-67 Ashl& Ave, $358,400.00

Lori Anne Rackett, Amie Pantano, 60 Pinehurst Ave, $285,000.00

Lori Anne Rackett, Maxwell Richards, 60 Pinehurst Ave,

John Worcester & Denise Aveni, Robert & Lori Kinsman, 59 Sevoian Drive, $377,500.00

Maureen Ferrera, Bradford & Laura Smart, 45 Washington St. Unit 41, $235,000.00

Toll MA IV LLC, John & Kris Bellino, 10 Sierra Court Unit 5, $668,755.00

Sergio Garcia, Dorka Cabrera, 126-128 Tenney St., $312,000.00

Sergio Garcia, Yadelis Gonzalez, 126-128 Tenney St.,

James C. Gattuso, Praveen Dukkipati, 281 Oakl& Ave, $435,000.00

James C. Gattuso, Shiny Johnson Boothapati, 281 Oakl& Ave,

Catherine Cote, Jennifer Am&a Fielding, 21 Hampshire Road Unit 204, $207,500.00

John Jack Evans Jr., Irvin Co, 12 Spencer St., $439,721.00

John Jack Evans Jr., Erica Nou, 12 Spencer St.,

Bonnie R. Griffin, Melvin Nunez, 112 Lowell St., $238,000.00

Bonnie R. Griffin, Yissel Santos Rosa Denunez, 112 Lowell St.,

Rita Becotte, Queyron Nolberto, 6 Lippold St., $174,000.00

Francisca Rivadeneira, Mounir & Silvana Bahnan, 63 Oakside Ave, $219,000.00

Brian & Judith Murphy, Alex&rino Souza, 59 Booth Road, $425,000.00

Brian & Judith Murphy, Valeria Campos, 59 Booth Road,

Laura Guenther Garcia, Consuelo Diaz, 6 Tilton St., $190,000.00

Laura Guenther Garcia, Maria Castillo, 6 Tilton St.,

Ronald Gomez, Thomas & Karen Demasi, 23 Hampshire Road Unit 401, $220,000.00

Toll MA IV LLC, John & Nancy Correia, 125 Sierra Court Unit 6, $622,500.00

Gina Marie & Joshua Lyons Driscoll, Jeffrey & Nicole Morin, 3 Hideway Lane, $389,000.00

Gordon & Mara Lynn Cooper, Joyce W. Kamau, 11 Strongwater Road, $335,000.00

Gordon & Mara Lynn Cooper, Samuel Ndungu, 11 Strongwater Road,

Maria Dagati, Richard Morello III, 3 Phippen St., $342,000.00

Maria Hidalgo Degabin, Sury Feliz, 48 1/2 - 50 Union St., $350,000.00

Robert Barnat & Barbara Defruscio, Robert & Linda Sheehan, 37-39 Lawrence St., $205,000.00

Jose Perez, Jose Sosa Dejesus, 16-18 Ashl& Ave, $385,000.00

Jose Perez, Yelitza Nunez Desosa, 16-18 Ashl& Ave,

Amy & Gerald Collette, David Saunders, 6 Campus Road, $322,000.00

Robert & Debra Tessitore, Michael Brooks, 50 Archibald Ave, $545,500.00

Jason & Kara Bowles, Darlene & Mark Gaudette, Wilington Ortega Martinez, 21 Oakl& Ave, $289,900.00

Jason & Kara Bowles, Darlene & Mark Gaudette, Sergio Ortega, 21 Oakl& Ave,

Jason & Kara Bowles, Darlene & Mark Gaudette, Viola Martinez Deortega, 21 Oakl& Ave,

Mark & Linda Langlais, Juma Khalfan, 57 1/2 Oakl& Ave, $295,000.00

Mark & Linda Langlais, Nasra Ahmed, 57 1/2 Oakl& Ave,

Russell, Robert, & Richard Zacharias, Michael Scammon, 5 Longview Terrace, $165,000.00

Philip & Christina Berthelsen, Briana Ordway, 35 Butternut Lane, $323,000.00

Philip & Christina Berthelsen, Joe Fiorante, 35 Butternut Lane,

Sean & Virgina Chicarello, Jill & Joseph Cantarella, 49 Constituion Way Unit 14D, $169,900.00

Sean Bartlett, Stephanie & Ricardo Joaquin, 54 Railroad St., $243,000.00

Thomas & Emily Kelley, Pedro & Paula Munoz, 4 Olympic Village Drive, $490,000.00

Yvan & Louisa Leclerc, Ketan & Naina Patel, 25 Druid Hill Ave Unit 2, $294,950.00

Jeremy Dow, James F Kowalik Sr. Family Trust, 20 Washington St. Unit 9, $191,250.00

Charles & Kristin Diana Ogonowski, Orlien Meshini, 9 Milian Road, $315,000.00

Charles & Kristin Diana Ogonowski, Vianela Morales, 9 Milian Road,

Angela & Danquang Nguyen, Nicholas & Leah Arienza Tedeschi, Glen Forest Lane, $310,000.00

Joseph H Ouellette Irrevocable Trust, Smith Jean, 22 Woodburn Drive, $330,900.00

Joseph H Ouellette Irrevocable Trust, Diny Jean Desmornes, 22 Woodburn Drive,

Michael Firth, Annabelle Shestak, 72 Arnold St., $229,000.00

Matthew Frederick, Bruce Mellen, 35 Lincoln St., $263,000.00

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Property Sales, Foreclosures for JULY, 2016 in Andover, North Andover, Lawrence, & Methuen. From Northern Essex Registrar of Deeds M. Paul Iannuccillo

(All properties are listed in order; seller, buyer, address, and price.)

USA Bankrupcy Court, Steve Lombardo, 15 Dottie Lane, $220,000.00

Andrea Bezemes, Alpine Village Realty LLC, 61 Mystic St. Unit 23, $125,000.00

Toll MA IV LLC, Ronald & Nanette Yelle, 14 Sierra Court Unit 7, $566,896.00

Isabel Maria Simones & Arthur Tourkantonis, S&ra Mitchell, 90-92 East St., $412,500.00

Manuel Joaquin, Roberto Camacho, 34 Stevens St., $332,500.00

Manuel Joaquin, S&ra Quinones, 34 Stevens St.,

George & Sabah Daher, Arthur & Isabel Tourkantonis, 15 Chestnut Way, $535,000.00

Joan & Owen Rogers, George & Sabah Daher, 5 Thornton Ave, $145,000.00

US Bank Trust N A TR, William Garcia, 39 Beborah Ave, $235,000.00

Guerrera Family Trust, Nabil Yousef, 45 Washington St. Unit 79, $210,000.00

Guerrera Family Trust, Ereny Makael, 45 Washington St. Unit 79,

Wilfred Colon & Yanilla Lozada, Hugues Denis, 24 East Brook Place, $240,000.00

C&ido Matias, Augusto Mejia, 82 Milk St., $370,000.00

Gloria & Pedro Peralta, Yanilka Lozada, 215 Oakl& Ave, $384,900.00

Gloria & Pedro Peralta, Wilberto Colon, 215 Oakl& Ave,

Philip & Sara Rose Decologero, Cody Olivier, 156 Kingston St. Unit 156, $215,200.00

Jeffrey & Melissa Mann, Jacquelyn Phelan, 8 Garfield St., $290,000.00

Jeffrey & Melissa Mann, Robert Morasse, 8 Garfield St.,

Claire Caredeo, Jill Zulon, 45 Washington St. Unit 2, $190,000.00

Siddharth Gehlot, Joe Peralta, 259 Oak St., $324,000.00

MJC Development Corp., Ann Ndirangu, 581 Prospect St., $437,110.00

MJC Development Corp., Anthony Ngethe, 581 Prospect St.,

Donald & Linda Mcleod, Raymond & Sara Kenyon, 24 Saint Francis St., $252,000.00

Rose & Gregory Muzerall, Anthony & Patricia Auciello, 11 Jayson Road, $362,000.00

US Bank NA TR, VC Detailed Properties LLC, 13 Gleason St., $148,000.00

Michael Hodge Est., Carlos Cepeda, 62 Union St., $278,000.00

Michael Hodge Est., Kenia Polanco De Cepeda, 62 Union St.,

Nicolas J. Madensky, Enedina Rodriguez, 6A Constitution Way Unit A, $140,000.00

Christian & Julie Derderian, Philippe Jean, 4 Chalet Drive, $512,000.00

Christian & Julie Derderian, Darlene Joseph, 4 Chalet Drive,

Raphael & Ashley Dos Santos, Salome Nduta Njoroge, 30 Frye Road, $305,000.00

Fred Soward, Bladimir Peralta, 46-48 Cypress Ave, $320,000.00

Richard Grady, Brian Parsons, 38 Brentwood Road, $312,500.00

Richard Grady, Mikaela O'Brien, 38 Brentwood Road,

Sean & Erica Mcmahon, Gregory Liddy, 26 Houston Ave, $301,000.00

St. Paul Realty Trust, Andrew Petersen, 112 Pleasant St., $265,000.00

Jennifer Mccarthy, Zacharie & Myrtha Joseph Brisson, 9 Rivers Edge Place, $358,000.00

Rafael & Alatagracia Villa, Edwin & Yrene Diaz, 54 Lowell St., $180,000.00

Anthony Scavo Jr, Kevin & Jean Chambers, 223 North Lowell St., $365,000.00

Joseph & Joan Ponti, Joanne & Michael Armano, 96 East St., $400,000.00

Homestead Village LLC, Pisano Realty Trust, 380 Merrimack St. Unit 2A, $170,000.00

Gregory & Amy Conklin, Nicholas Dizoglio, 31 Lisa Lane, $313,000.00

Gregory & Amy Conklin, Lindsay Clark, 31 Lisa Lane,

Kristin Palladino, Courtney Lamontagne, 23 Hampshire Rd Unit 411, $162,750.00

Joyce Quinlan, Raleigh Realty Trust, 45 Washington St. Unit 106, $140,000.00

Carol Press, Mary Henriquez, 36 Glen Ave, $235,000.00

Carol Evans, Mary Henriquez, 36 Glen Ave,

SZZ Investment Group LLC, Dennis Brophy, 142 North St., $367,500.00

Nanette & Rol& Yelle, Robert & Joanne Demers, 14 Olympic Village Drive, $379,900.00

Michael & C&ace Colizzi, Marina Sinaci, 185 Merrimack Road, $515,000.00

Alcro Development LLC, Laurie Pynn Conn, 15 Dunrobin Circle Unit 22, $195,000.00

126 Butternut Lane Realty Trust, Nicholas & Kristen Pasucci, 126 Butternut Lane, $345,000.00

Deutsche Bank National Trust Co Tr, Paul Geggis, 945 Riverside Drive Unit 9B, $123,000.00

Edith B Ricci Trust, Christopher & Jacqueline Hanson, 12 R&olph Ave, $208,600.00

Giselle Rivera, Silvio Grullon, 4-6 Ashton Place, $430,000.00

Giselle Rivera, Maria Ovalles, 4-6 Ashton Place,

Michael & Rachel Levesque, Miriam Concepcion, 40 Arnold St., $239,900.00

Esther Iannalfo, Matthew Ducharme, 187 Pleasant Valley St., $217,750.00

Esther Iannalfo, Cassie Montbleau, 187 Pleasant Valley St.,

Matthew & Cassie Ducharme, Eric Call, 187 Pleasant Valley St., $263,000.00

Matthew & Cassie Ducharme, Meghan Pryor, 187 Pleasant Valley St.,

Vogel Family Trust, Lauren Phillips, 19 Sampson St., $291,000.00

Jason & Melissa Bramble, Vanessa & Michael Farino, 47 Benefit St., $407,000.00

NORTH ANDOVER

Joseph & Caroline Reynolds, Karen Burke, 288 Winter St., $525,000.00

Murphy Family Trust, Christian Maggio, 616 Chickering Road, $220,000.00

27 Furber Ave Realty Trust, Nicholas Woodcock, 27 Furber Ave, $421,117.00

27 Furber Ave Realty Trust, Danielle Ward, 27 Furber Ave, NA

David & Kristen Laubner, Michael & Callie Souza, 37 Dudley St., $455,000.00

David & Kristen Laubner, William Roy, 37 Dudley St., NA

David & Kristen Laubner, Ellen Caille, 37 Dudley St., NA

Margaret Cullen, John & Kelly Weber, 356 Abbott St., $620,700.00

TLD LLC, Enno K. Tjalsma, 5 Great Lake Lane, $935,000.00

MJM Realty Trust, Mark & Stephanie Rae, 55 Marbleridge Road, $1,020,000.00

US Bank NA TR, Manuel Javier, 100-102 Union St., $340,969.00

Jared & Jennifer Goldman, Joseph & Katherine Rocco, 112 Amberville Road, $700,000.00

Gregory Balestrieri, Gina Marcotti, 8 Walker Road Unit 9, $154,900.00

John Pierce & Kimberly Zero-Robins, Elise Laflamme, 70 French Farm Road, $650,000.00

John Pierce & Kimberly Zero-Robins, Michael Trautwein, 70 French Farm Road, NA

Mark & Carrie Kushakji, Jonathan Lacey, 164 Kingston St. Unit 164, $225,000.00

Mark & Carrie Kushakji, Karen David-Monson, 164 Kingston St. Unit 164, NA

Mark & Carrie Kushakji, Nina Fitzgerald, 164 Kingston St. Unit 164, NA

Punjak & Shannon Amin, Brookfield Relocation Inc., 68 Ridge Way, $629,900.00

Brookfield Relocation Inc., Robert & Nicole Guardino, 68 Ridge Way, $629,900.00

LPM III Family Trust, Michael Nolan, 530 Main St., $395,000.00

Jeffrey & Eileen Durney, Stephen & Jo-Ann Lanen, 37 Village Green Drive Unit 33, $194,900.00

Michael & Marietta Giorgetti, Michael & Isabelle Cherney, 23 Cobblestone Circle, $605,000.00

Frank A. Moltz III & Laura D. Russell, Catherine Booth, 919 Great Pond Road, $565,000.00

Anthony & Emily Verrocchio, Fern&o Baez, 54 Fernview Ave Unit 2, $168,900.00

Anthony & Emily Verrocchio, Clarisa Amezquita, 54 Fernview Ave Unit 2, NA

Gregory & Cynthia Lauwers, Am&a & Eric Robinson, 70 Rosemont Drive, $690,000.00

Trust Agreement of Mary D Savukinas & Trust Agreement of Vincent E Savukinas, Stephen Sherwin, 41 Mark Road, $438,000.00

Trust Agreement of Mary D Savukinas & Trust Agreement of Vincent E Savukinas, Nicole Edwards, 41 Mark Road, NA

Anita Casale, Peter & Meredith Longo, 41 Oakes Drive, $450,000.00

David Hirshberg & Rotchana Petchdee, Arthur Caissie Jr., 52 Compass Point Unit H1, $455,000.00

Robert Tang, Eli & Tracy Anne Fuchs, 3 Harvest Drive Unit 101, $238,000.00

288 Sutton St. LLC, Jennifer Staton, 17 Mathews Way Unit 17, $409,900.00

Maria & John Depippo, Br&on Bigelow, 759 Dale St., $769,000.00

Maria & John Depippo, Tracey Blueman, 759 Dale St., NA

Philip & Sara Rose Decologero, Cody Olivier, 156 Knigston St. Unit 156, $215,200.00

Kathleen Ramasay & Samuel Smith, Andrew Bisceglia, 37 Fernview Ave Unit 37FV-7, $160,000.00

Wentworth Family Trust, Mohamed Machkour, 28-32 Saunders St., $320,000.00

Wentworth Family Trust, Mina Dani, 28-32 Saunders St., NA

Nam & Eun Cho, Sanjog & Moniparna Gogoi Misra, 147 Amberville Road, $753,000.00

Thomas & Patricia Teichman, Anna Senczuk, 393 Main St., $420,000.00

Thomas & Patricia Teichman, Miroslaw Studzinski, 393 Main St., NA

Robert R&ahl & Carrie Ann Herbstreit, Prateek Jain, 26 Palomino Drive, $610,000.00

Robert R&ahl & Carrie Ann Herbstreit, Tamanna G&hi, 26 Palomino Drive, NA

David & Sherri Caouette, Virginia Siepka, 190 Chickering Road Unit 103D, $210,000.00

William & Susan Norris, Shawna Behen, 22 Gilbert St., $402,000.00

David Witts & Rachel Allen, Rachel & Frank Allen, 28 Harold St., $40,000.00

Arthur & Robin Thomasino, Am&a Hern&ez, 115 Laconia Circle, $600,000.00

Scott & Helen Denise Rundle, Rebecca Bailey, 17 Lacy St., $507,750.00

Deepa Darpan & Darpan D&, Tranvu & Uyen Nguyen, 604 Alder Way Unit 604, $388,000.00

TKZ LLC, Peter Loughman, 101 Sutton Hill Road, $335,000.00

TKZ LLC, Brianne Cobb, 101 Sutton Hill Road, NA

TKZ LLC, Brian & Corinne Cobb, 97 Sutton Hill Road, $335,000.00

Jose Luis Llorens, Harold Lawson Jr, 22 Ridge Way, $689,000.00

Yaping Wang, Carolina Lawson, 22 Ridge Way, NA

TKZ LLC, Zachary & Michelle Fier, 20 Great Lake Lane, $879,900.00

Xuan Truong, Robert & Jennifer Keegan, 1180 Turnpike St., $450,000.00

John & Linda Parker, Michael Lis, 30 Leanne Drive, $699,900.00

John & Linda Parker, Vera Broekhuysen, 30 Leanne Drive, NA

Thomas Anthony Royal, Nicholas Krikorian, 80 Court St., $795,500.00

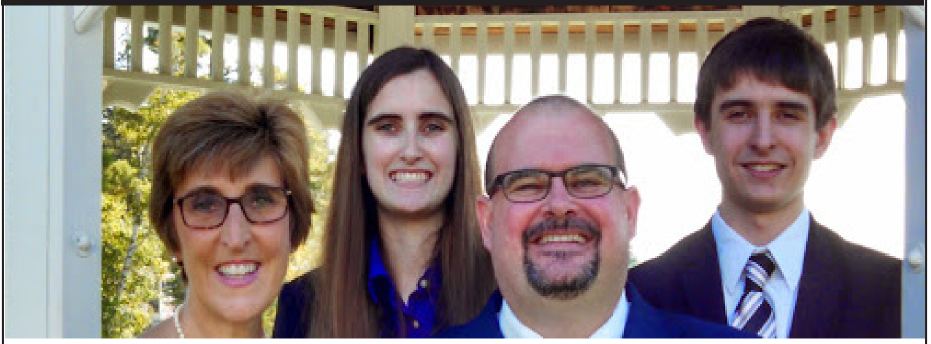
Sherrie Schuettner, Kyle Adamian, 82 Jefferson St. Unit 47, $179,200.00

Patricia Ranahan, Jeffrey & Eileen Durney, 48 Rosedale Ave, $465,000.00

Steven & Alex&ra Wudyka, Kathleen & John Lyons, 200 Abbott St., $560,000.00

Steven & Linda Joaquin, Nicholas Branzetti, 521 Pleasant St., $670,000.00

Richard & Christine Pineau, Allastair & Meg Meffen, 395 Chestnut St., $691,000.00



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